



# DIET FOR HEALTH

WITH

## Favorite Health Home Recipes

—BY—

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A scientific treatise based upon  
FUNDIMENTAL DIETETIC PRINCIPLES

Recipes compiled and tested by  
MRS. EDWARD C. GALSGIE



HEALTH HOME  
JAMESBURG - NEW JERSEY

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## CONTENTS

	Page
Preface .....	1
Diet Essential .....	3
The Purpose of Ingestd Foods .....	6
To produce and repair tissue.	
To furnish heat and energy.	
To supply a want	
Fundamental Principles.....	4-7
Menus .....	11
Winter Day's Menus	
Summer Day's Menus.	
Comparison Table of Food Products.....	32
Recipes .....	37
Vegetables.....	38
Baked Stuffed Tomatoes.	
Baked Beans.	
Baked Potato and Cucumbers.	
Baked Potato and Onions.	
Bean Loaf.	
Carrots and Peas.	
Carrots and Irish Potatoes.	
Creamed Beets.	
Creamed Kohl Rabi.	
Creamed Squash.	
Creamed Cauliflower.	
Egg Plant and Macaroni Croquettes.	
French Egg Plant.	
Fried Carrots.	
Fried Cucumbers.	
Fried Egg Plant.	
Fried Tomatoes.	
Fried Tomatoes and Poached Eggs.	
Glazed Sweet Potatoes.	
Lentil Loaf.	
Macaroni and Tomatoes.	
Pumpkin Custard.	
Squash Fritters.	
Sweet Potato Custard.	
Stuffed Green Peppers.	
Tomato Pudding.	
Tomato Scramble.	
Vegetable Croquettes.	
Vegetable Sauces.....	44
Brown Sauce.	
Golden Sauce.	
Tomato Sauce.	
White Sauce.	
Pea Nut Gravy.	
Meat Substitutes.....	45
Comparison Table of Nutrients of Legumes with Meat .....	48
Table of Nut Elements.....	48
Table of legumes compared with that of other foods.....	49
Table of food materials without carbohydrates.....	50

	Page
Dairy Dishes.....	51
Boiled Custard.	
Cheese Cake.	
Cheese Muff.	
Cheese Souffle.	
Cottage Cheese.	
English Monkey.	
Geformte Eier.	
Orange Custard.	
Plain Custard.	
Scrambled Eggs.	
Welsh Rarebit.	
Table—Composition of food materials containing no refuse.....	54
Concerning diet of raw food.....	65
Bodily Elements.....	65
Food Classification.....	66
Proteid.	
Carbohydrates (starches and sugars).	
Fats and Oils.	
Nutritive salts, (ash, mineral matter).	
Concerning potieds, fats and carbohydrates.....	67
Air.	
Water.	
Table—Composition of food products with analysis of mineral matter.....	70
Salads .....	72
Apple and Celery Salad.	
Blumenkhol Salat.	
Boston Salad.	
Cabbage Salad.	
Cucumber Salad.	
Dandelion Salad.	
Green Bean Salad.	
Green Corn Salad.	
Green Pepper Salad.	
Holly Salad.	
Lettuce Salad.	
Spanish Salad.	
Tomato Salad.	
Watercress Salad.	
Yacht Salad.	
Yellow Tomato Salad.	
Salad Dressing.....	75
French Dressing.	
Mayonnaise Dressing.	
Fruit Beverages.....	76
Banana Delight.	
Fruit Punch.	
Grape Juice.	
Grape Punch.	
Raspberry Delight.	
Raspberry Punch.	
Strawberry Blend.	
Strawberry Delight.	
Strawberry and Orange Punch.	

	Page
Concerning Meat.....	78
Soups.....	79
Barley Soup.	
Bean Puree.	
Corn Soup	
Nut Soup No. 1.	
Nut Soup No. 2.	
Potage a la Creole.	
Split Pea Soup.	
Tomato Soup.	
Vegetable Puree.	
Vegetable Soup.	
Walnut Balls for Soup.	
Condiments.....	82
Cereals .....	82
Digestion of Cereals.	
Preparation of Cereals.	
Objection to Cereals.	
Table of Carbohydrates.....	86
Table of Protein.....	87
Cereals Recipes.....	89
A Wheat Dish.	
An Uncooked Wheat Dish.	
Baked Barley.	
Baked Beans.	
Fig Sauce.	
Oat Meal.	
Plain Rice.	
Rice Pudding.	
Rice Muffins.	
Raw Cereal Medley.	
Scalloped Corn.	
Wheat Steamed.	
Table—Articles having a high percentage of Fat.....	88
Breads, Cakes, Etc .....	91
Corn Bread.	
Dressing.	
Fruit Cake.	
Jungborn Whole Wheat Bread.	
Jungborn Whole Wheat Fruit Bread.	
Mazdaznan's Unfermented Whole Wheat Bread	
Nut Cakes.	
Raisin and Fig Bread.	
Whole Wheat Gems.	
Whole Wheat Short Cake.	
Milk Diet.....	95
Table—Chemical Constituents of Milk.....	97
Percentage of Salts in Milk.....	97
Nutritive value of milk as compared with other foods.....	98
Apple Cobbler (as requested).....	99
Food Economy.....	99
Table of Proportions.....	101
Table of Comparative Proportions.....	101
Measuring Hints.....	102
Mixing Hints.....	102
Conclusion.....	103

*Two meals a day is enough for those who know.*

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*No diet will agree with you unless you agree with it.*

## PREFACE

Many books have been written on the subject of diet, some going into painful detail, but the conclusions drawn to my mind are far from practical.

It is my intention to get away from the usual trend on dietetics, not basing the individual's need upon ounces or calories, but rather upon his condition and ability to cope with the food ingested.

The appetite, *Natural*, is always indicative to tissue needs, and is a great factor in selecting a diet. Even though having a knowledge of the supposed needs of allotted portions of proteids, fats, carbohydrates, starches, etc. Anyone who is desirous of continued or better health and more efficiency, should make a practical application of the principles set forth herein, in conjunction with hygienic measures, sufficient exercise, and specific anatomical adjustment when indicated, for there can be no normal functioning when structure is perverted, irrespective of diet.

Two of the comparative tables, treating on the composition of mineral matter in foods, were taken from "The Folly of Meat Eating"—(by *Otto Carque*). The remaining tables were taken from "What Shall We Eat"—(by *Andrews*), who compiled them from material largely drawn from U. S. Government analysis.

EDWARD C. GALSGIE, D. O.

*"They are as sick who surfeit too much, as they that starve with nothing"—(Shakespeare)*

## **IMPORTANT DIET ESSENTIALS**

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**PHYSICAL EFFICIENCY**

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**POSITIVE MENTALITY**

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**EARNED HUNGER**  
THROUGH  
**WORK                  OR                  EXERCISE**

---

**APPETITE**

---

**FOOD**

## FUNDAMENTAL PRINCIPLES

When the habits are normal and in keeping with natural law and the physical make-up efficient, the degree of health and happiness or misery and disease depend more or less upon food ingestion, as to kind, quantity, quality and combination, when and how ingested.

To know what to eat, when, how much, and the combinations, it is essential first that you know the individual, taking into consideration his environment, the condition of his health, the amount of energy to be expended, whether he be adult or youth. To find out if the organs of digestion are intact, the nerve and blood supply normal, the various glandular secretions sufficient, and the end-products of digestion properly disposed of.

No one can utilize to the best advantage the most simple or scant diet until they grow physically and chemically fit. This, to my mind, is one of the first laws of diet.

Second—An earned hunger or demand for food indicative of tissue need.

Third—A normal appetite, or desire for a special kind of food, made possible only through activity.

Fourth—Food—Its chemical reaction, its nutrient quality, and quantity.

Fifth—Economy in food selection.

No mechanical structure can function efficiently, unless it be intact and lubricated.

Even though you are enjoying health, accompanied with good digestion and assimilation, you will be sufficiently rewarded by putting into practice the simple rules set forth herein, they serving a prophylactic purpose, preventing the ills that are inevitable from wrong eating, like wise are they curative, to relieve and correct digestive and assimilative deficiencies, to decrease, then overcome fermentation, thereby preventing the absorption of toxins, to utilize and prevent the deposit of fat and other non-functioning tissue.

*To eat a meal without an appetite is like sailing a ship without a rudder.*

## THE PURPOSE OF INGESTED FOOD.

### *I.—To Produce and Repair Tissue.*

Constantly, through functional activity, either physical or mental, cells in part or whole are being utilized, worn out, burnt up, and finally eliminated. This process is called catabolism. These cells need replenishing, hence the ingestion of food and drink.

Before the period of maturity, anabolism (tissue construction) is in excess of catabolism; this in response to the natural law of synthesis, (growth); therefore, the need of more food in developing individuals. After the period of maturity, catabolic and anabolic processes (except in the brain) are equal, or should be, for many years, but owing to our unnatural environment and pursuits, tissue wear exceeds that of repair. In many individuals this process is in operation long before the age of maturity. This results in misformed, stunted, and diseased bodies. These conditions can be prevented or remedied by removing the various known causes of excess catabolism.

First. Furnish the cells with their natural environment of normal blood (sufficient in all the elements), which is primarily constructed out of food, drink, sunshine, fresh air.

Second. Establish a normal relation between cells and cells in mass.

Third. Get in harmony with the laws of growth and life.

Fourth. Acquire a positive mental attitude, and apply it to all acts either mental or physical, and know that by this procedure you grow the maximum of efficiency.

Here then construction would always be equal to or in lead of destruction, resulting in continued health and longevity.

*II.—To Furnish Heat and Energy.* This is made possible only through the intake of atmosphere, from which the vital element oxygen is utilized, oxydizing the food particles that have found their way into the blood stream, liberating heat, energy, carbonic acid gas etc.

*III.—To supply a want, to give enjoyment, to appease the appetite;* these are indicative of tissue needs.

## FUNDAMENTAL PRINCIPLES.

By your reasoning you conclude that any individual having a normal, non-restricted functioning body whose tissues are in normal relation and not encumbered, the atmospheric intake being sufficient to allow the maximum of oxidization and elimination, need not be a respector of diet or diet rules, being able to utilize and dispose of food ingested without discomfort or ill effect. There are but few so equipped with normal anatomy; hence the necessity of tissue adjustment, corrective, toning, and creative exercise, and dietary precaution.

It is better by far to eat and drink with discriminative intelligence so as to maintain comfort and a chemical equilibrium than to eat promiscuously, without due precaution, that will sooner or later end in a general toxemia,—that is, a blood stream and tissues laden with foreign and toxic substances, a medium for all symptoms called disease, except acute and most chronic anatomical perversions.

Never eat without an appetite or a strong desire for food; then eat accordingly, thoroughly masticating each mouthful. Never crowd or over-distend the stomach.

Overeating, insufficient mastication, eating between meals, wrong combinations, and eating foods that have made retrograde changes

## DIET FOR HEALTH

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not only go to develop an abnormal, unnatural appetite, but also cause food poisoning,—the substances ingested ferment and decompose, with toxemia the result. Instead of the body with its ferments acting upon the food ingested the fermenting mass acts upon the body, causing numerous disagreeable symptoms.

To overcome and prevent alimentary fermentation, catarrhal exudates, etc., use caution not to mix acids and starches at the same meal.

Starch requires an alkaline medium and thorough mastication for normal digestion. Upon mixing acids (or food stuffs with an acid reaction, such as succulent fruits, salads dressed with vinegar or lemon juice) with starch, the alkalinity of the saliva is neutralized and rendered acid. This inhibits, prevents, the action of ptylin (active principle of saliva) upon the starches, the unconverted starches ferment, toxic by-products are formed and absorbed, causing auto intoxication, this basal medium allowing the growth of any disease.

The menus set forth herein are arranged so as to avoid the mixing of acids and starches. This gives you an opportunity to study your combinations.

To attain the best results, avoid the mixing of more than two or three dishes at the same meal. The more you mix the greater the tendency to overeat.

When sitting down to a meal choose the dish you like most, masticate each mouthful, bringing out its flavor, enjoy it, avoid taking the second mouthful until you have disposed of the first. Avoid mixing two articles of diet in the same mouthful, thereby doing an injustice to each.

If you have satisfied your appetite on the first dish, avoid the second.

WITH FAVORITE RECEIPES

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The mono-diet has always proven sufficient and satisfactory when carried out at the Health Home, especially for individuals who suffer from stomach troubles. It does away with the tendency to overeat as well as with fermentation. Make a meal of one article of diet, either raw or cooked, masticate all you desire, then let it alone.

Should you at the next meal crave the same article of food, very well; if not, follow the dictates of your appetite.

If very thirsty at meal time, on the mono-diet you may indulge in a glass of milk.



## DIET FOR HEALTH

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*The consummate pleasure in eating is not in the costly flavor, but in yourself.*

*Do you seek for sauce by sweating?*

## MENUS

The following menus for eight days are to give a general idea as to combinations. New combinations may be formed as follows: Take an article of diet from one day's dinner and substitute it for some article in another day's dinner; likewise with the morning and evening meals; or other articles of food described elsewhere may be introduced.

Always use caution not to combine acid fruits or salads dressed with lemon or vinegar with food carrying granular starch for reasons already stated.

The variety of dishes at each meal is sufficient, if not already too many in a diet for health.

As for the quantity of each article, this depends upon the individual's habits and needs. If your food ferments, reduce the variety at each meal, or better still, adopt the mono-diet.

You will note four of the menus are intended for the summer season. These will also serve in winter by increasing the portions. Likewise will the winter menus serve for summer by reducing the portions.

If the individual chooses to live on two meals a day, leave off breakfast; and after this habit has been established for some time it will serve you better than leaving off your noon meal, especially for students or brain workers. Or, if you like, and when convenient, eat your first meal in the forenoon about ten A. M.; your second meal about five o'clock in the evening. This plan we have adopted at the Health Home, and it proves very satisfactory.

These menus are suitable for the average person, but there are a few conditions that need individual attention and a diet prescribed to cover special needs.

DIET FOR HEALTH

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*WINTER DAY'S MENU*

BREAKFAST

Baked Apple

or

Grape Fruit

\*Hot Milk



DINNER

Nut Soup

Baked Rice

Carrots and Peas

Ripe Olives

Postum or Milk



SUPPER

"Blumenkohl Salat"

Celery

Pumpkin Custard

Milk

\*Avoid hot milk if constipated.

WITH FAVORITE RECEIPES

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*WINTER DAY'S MENU*

**BREAKFAST**

Corn Flakes with Cream  
Hot—Milk—Cold  
Junket



**DINNER**

Creamed Tomato Soup  
Roast Chicken  
Baked Sweet Potato  
Buttered Toast  
Celery  
Milk



**SUPPER**

Cabbage Salad  
with Mayonnaise or French Dressing  
Nuts  
Cottage Cheese  
Cup Mild Cocoa

DIET FOR HEALTH

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*WINTER DAY'S MENU*

**BREAKFAST**

15 to 18 Dates with Cream

Cup Cocoa



**DINNER**

Bean Puree, Toast

Vegetable Croquettes

Cream Cheese

Hot—Milk—Cold



**SUPPER**

Lettuce Salad

Nuts or Eggs Soft Boiled or Raw

Baked Apple

Milk

WITH FAVORITE RECEIPES

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*WINTER DAY'S MENU*

BREAKFAST

Toast (entire wheat) Buttered  
Poached Eggs or Boiled  
Hot Milk or Cold



DINNER

Vegetable Soup  
Baked Macaroni with Cheese  
Celery  
Milk or Postum



SUPPER

Apple and Cabbage Salad  
Custard  
Stewed Prunes or Cranberries  
Milk

*"Their best and most wholesome feeding is upon one dish and no more, and the same plain and simple; for surely this huddling of many meats one upon another of divers tastes is pestiferous.*

*But sundry sauces are more dangerous than that."—(Pliny)*

*SUMMER DAY'S MENU*

BREAKFAST

Peaches and Cream



DINNER

Baked Potato with Cucumber

Poached Egg on Toast

Celery

Milk



SUPPER

Lettuce Salad

String Beans

Nuts

Cherries

Butter Milk or Sweet

DIET FOR HEALTH

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*SUMMER DAY'S MENU*

BREAKFAST

Fruit Salad



DINNER

French Egg Plant

Creamed Squash

Corn on Cob

Milk or Postum



SUPPER

Green Bean Salad

Strawberries and Cream

Custard

Milk or Fruit Juice

*SUMMER DAY'S MENU*

**BREAKFAST**

Oranges or Rhubarb

Milk or Fruit Juice



**DINNER**

Toast (Buttered)

Lean Mutton or Lamb

Kale

Milk



**SUPPER**

Tomato Salad

Nuts

Sliced Bananas

Clabbered Sour Milk

or

Butter Milk

*SUMMER DAY'S MENU*

BREAKFAST

Strawberries or Bananas and Cream

Grape Juice



DINNER

Rice Muffins

Soft Boiled or Poached Egg with Spinach

Ripe Olives

Milk



SUPPER

Cucumber and Tomato Salad

Nuts — Raisins

Cottage Cheese

Grape Juice

WITH FAVORITE RECIPES

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MENUS

DIET FOR HEALTH

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MENUS

WITH FAVORITE RECEIPES

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M E N U S

DIET FOR HEALTH

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MENUS

WITH FAVORITE RECEIPES

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MENUS

DIET FOR HEALTH

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MENUS

WITH FAVORITE RECEIPES

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MENUS

COMPARATIVE TABLE OF FOOD PRODUCTS

Atricles	Digestion hours	Refuse (not included in p. c.)	Water, p. c.	Carbohydrate p. c.	Fat (not included in p. c.)	Protein p. c.	Salt, p. c.
Almonds (sweet) .....	2½	(45)	5	67	(55)	28	
Apples (raw) .....	1½	(25)	85	14	—	1	
Apples (dried) .....	2½	—	28	67	(2)	5	
Apricots (fresh) .....	1½	(6)	85	13	—	2	
Apricots (dried) .....	2½	—	29	63	(1)	8	
Arrowroot (starch) .....	2½	—	2	97	—	1	
Asparagus .....	1¼	?	94	3	—	3	
Bacon .....	5 to 6	(9)	20	65	(67)	12	
Bananas .....	1¼	(35)	75	20	(1)	5	
Barley meal .....	2½	—	12	73	(2)	15	
Barley (pearled) .....	2½	—	12	78	(1)	10	
Beans (green) .....	2	(50)	89	8	—	3	
Beans (dried) .....	2½ to 3½	—	12	60	(2)	28	
Beans (Lima, dried) .....	3	—	10	66	(2)	24	
Beans (canned baked) .....	3 to 4	—	69	21	(3)	10	
Beechnuts .....	3	(41)	5	65	(57)	30	
Beer .....	1	—	91	9	—	—	
Beef (fat) .....	4	(15)	52	29	(29)	19	
Beef (lean) .....	3 to 4	(20)	72	9	(7)	19	
Beef (round, lean) .....	3½	(8)	70	8	(8)	22	
Beef (shank) .....	3½	(59)	72	7	(5)	21	
Beef (dried canned) .....	3½	—	45	7	(5)	44	4
Beef (canned, crnd) .....	3½	—	52	19	(19)	27	2
Beef (cured) .....	4	(5)	54	7	(7)	32	7
Beets .....	2 to 3½	(20)	87	10	—	3	
Biscuit (Maryland) .....	3	—	25	64	(5)	11	
Blackberries .....	1½	—	86	11	(1)	3	
Brazilnuts .....	3	(50)	5	69	(67)	26	
Bread (white) .....	3½	—	36	54	(2)	10	
Bread (whole wheat) .....	3½	—	38	51	(1)	11	
Bread (graham) .....	3½	—	36	52	(2)	12	
Bread (rye) .....	3½	—	43	45	(1)	12	
Bread (toasted) .....	3	—	24	63	(2)	13	
Buckwheat flour .....	3 to 4	—	14	74	(2)	12	
Butter .....	3	—	11	83	(85)	4	
Buttermilk .....	2	—	91	5	(1)	4	
Butternuts .....	3	(86)	4	64	(61)	32	
Cabbage .....	3 to 4	(15)	90	6	(1)	4	
Cake (bakers') .....	3	—	31	61	(5)	8	
Candy (broken) .....	2	—	5	92	—	3	
Carrots .....	3½	(20)	88	10	—	2	
Cauliflower .....	2	—	91	6	(1)	3	
Celery .....	3	(20)	92	5	—	3	
Cereal coffee .....	1½	57	6	31	—	6	
Cheese (whole milk) .....	3 to 6½	—	34	36	(34)	30	
Cheese (Swiss) .....	3 to 4	—	31	36	(35)	31	2

COMPARATIVE TABLE OF FOOD PRODUCTS

Articles	Digestion hours	Refuse (not included in p. c.)	Water, p. c.	Carbohydrate p. c.	Fat (not included in p. c.)	Protein p. c.	Salt, p. c.
Cheese (skim-milk).....	3 to 5½	—	46	19	(18)	35	—
Cherries .....	2	(5)	77	21	—	2	—
Chestnuts (fresh).....	3	(16)	45	46	(5)	9	—
Chestnuts (dried).....	3½	(21)	6	78	(7)	16	—
Chicken .....	2½	(41)	74	6	(2)	20	—
Chocolate .....	3	—	6	75	(49)	19	—
Citron .....	2½	—	19	78	(2)	3	—
Clams (canned) .....	3 to 4	—	85	4	(1)	11	—
Cocoa .....	3	—	5	65	(38)	30	—
Cocoanut (no milk).....	3½	(37)	14	74	(51)	12	—
Codfish (salt).....	3	(25)	52	—	—	25	23
Cookies (sugar).....	3	—	8	82	(10)	10	—
Corn (meal).....	3½	(11)	12	74	(6)	14	—
Corn (green).....	2½ to 5	(61)	80	16	(1)	4	—
Cornstarch.....	3	—	9	90	—	1	—
Crackers .....	3	—	7	80	(9)	13	—
Cranberries .....	2	—	88	10	—	2	—
Cream.....	3	—	70	26	(23)	4	—
Cucumber .....	2 to 4	(15)	93	4	—	3	—
Currants (fresh).....	2	—	86	12	—	2	—
Currants (dried).....	3	—	17	76	(2)	7	—
Dandelion greens.....	1½	—	86	7	(1)	7	—
Dates (dried).....	2	(10)	22	72	(2)	6	—
Duck.....	4½	(25)	76	8	(6)	16	—
Eels .....	3 to 4	(20)	68	16	(16)	16	—
Eggs .....	2 to 3½	(11)	74	10	(10)	16	—
Eggplant.....	2	—	93	5	—	2	—
Figs (dried).....	2½	—	21	72	(1)	7	—
Filberts .....	3	(52)	4	72	(65)	24	—
Fish (blue).....	3	(49)	78	2	(1)	20	—
Fish (white) .....	3	(53)	74	7	(5)	19	—
Flat bread .....	3	—	10	74	(1)	16	—
Fowls .....	3 to 4	(26)	64	16	(16)	20	—
Gelatin .....	3?	—	13	3	—	84?	—
Ginger Snaps.....	3	—	7	83	(9)	10	—
Gluten brkfst food.....	1½ to 2	—	8	35	(2)	57?	—
Gluten bread.....	3	—	38	51	(1)	11	—
Gluten macaroni.....	2	—	10	37	(2)	53?	—
Grapes ... .....	2	(25)	80	16	(2)	4	—
Grape-nuts .....	2 to 3	—	8	78	(1)	14	—
Haddock (fresh) .....	3	(51)	81	1	—	18	—
Halibut (fresh) .....	3	(18)	75	7	(5)	18	—
Halibut (smoked).....	3½	(7)	49	16	(15)	23	12
Ham (cured) .....	4 to 5	(14)	40	39	(39)	18	3
Hazelnuts.....	3½	(50)	10	68	(63)	22	—
Herring (cured).....	3½ to 4½	(44)	35	16	(16)	37	12

COMPARATIVE TABLE OF PRODUCTS

Articles	Digestion hours	Refuse (not included in p. c.)	Water, p. c.	Carbohydrate p. c.	Fat (not included in p. c.)	Protein, p. c.	Salt, p. c.
Hickory nuts.....	3	(62)	4	73	(67)	23	
Honey .....	1	—	18	81	—	1	
Horse-radish (dried).....	2	—	4	78	(1)	18	
Irish moss .....	2	(10)	18	58	(4)	10	14
Kaffeebrod .....	2	(?)	6	46	(3)	48?	
Koumiss .....	1	—	89	8	(2)	3	
Lamb .....	2½ to 3½	(17)	70	14	(14)	16	
Lemons .....	1	(30)	88	10	(1)	2	
Lentils .....	3	—	9	60	(2)	31	
Lettuce.....	1½	(15)	97	1	—	2	
Liver (beef).....	4	(7)	71	7	(5)	22	
Lobster .....	4	(62)	79	3	(2)	18	
Mackerel (salt) .....	4	(20)	43	27	(26)	20	10
Macaroni.....	2½	—	10	72	(2)	18	
Maple syrup.....	1¼	—	?	71	—	?	
Melons (water).....	1	(60)	91	7	—	2	
Melons (musk).....	1½	(50)	89	9	(1)	2	
Milk (cow's).....	2	—	87	9	(4)	4	
Milk (skim).....	2	—	90	5	(1)	5	
Milk (condensed sweet).....	2½	—	26	60	(10)	14	
Mincemeat (avgé) .....	3 to 4	—	41	49	(4)	10	
Molasses.....	1½	—	25	69	—	6	
Mushrooms (canned) .....	1½	—	89	6	—	5	
Mutton (fat).....	4	(17)	47	36	(39)	17	
Mutton (lean) .....	3 to 4	(25)	68	13	(11)	19	
Mutton (leg).....	3½	(18)	63	18	(18)	19	
Mutton (shoulder) .....	3½	(22)	60	22	(22)	18	
Nuts (malted) .....	2 to 3	—	3	69	(28)	28	
Oatmeal .....	2 to 3	—	8	74	(7)	18	
Oats (rolled).....	2 to 3	—	8	72	(7)	20	
Okra (canned).....	1½ to 2	(13)	90	8	—	2	
Olemargarine'.....	3 to 4	—	11	81	(82)	5	3
Olives (ripe).....	2	(19)	65	30	(26)	5	
Onions .....	2 to 3	(10)	88	10	—	2	
Oranges .....	1 to 2	(27)	86	12	—	2	
Oysters .....	2 to 3½	(81)	84	6	(2)	10	
Parsnips.....	2½	(20)	83	14	(1)	3	
Peaches (raw).....	1½	(20)	85	12	—	3	
Peaches (canned) .....	1½	—	88	11	—	1	
Peanuts (roasted) .....	3	(32)	2	65	(49)	33	
Peanut butter.....	3	—	2	62	(46)	32	
Pears (raw) .....	1½	(10)	84	13	—	3	
Peas (canned) .....	2	—	85	10	—	5	
Peas (green).....	2	(45)	75	17	—	8	
Peas (split).....	2½ to 3	—	10	62	(2)	28	
Pecan nuts .....	3	(53)	3	77	(71)	20	

COMPARATIVE TABLE OF FOOD PRODUCTS

Articles	Digestion hours	Refuse (not included in p. c.)	Water, p. c.	Carbohydrate p. c.	Fat (not included in p. c.)	Protein p. c.	Salt, p. c.
Peppers (dried).....	2½		5	75	(8)	20	
Pickles (mixed).....	3 to 4		94	4	—	12	
Pie (apple).....	3 to 4		43	48	(8)	9	
Pie (custard).....	3 to 4		62	32	(6)	6	
Pineapple.....	2 to 3	(50)	76	20	—	4	
Pinenuts (averave).....	3	(53)	5	66	(56)	29	
Pistachio nuts.....	3		4	66	(54)	30	
Plasmon.....	1		10	30	—	60	
Plums.....	1½ to 2	(5)	78	20	—	2	
Pomegranates.....	2		77	21	(2)	2	
Popcorn.....	3		5	82	(5)	13	
Pork (chops).....	4	(20)	52	29	(30)	19	
Pork (salt, fat).....	4 to 5	(10)	16	67	(74)	14	
Pork (tenderloin).....	4		67	13	(13)	20	
Postum.....	1½	43	6	45	—	6	
Potatoes (Irish).....	2½ to 4	(20)	78	18	—	4	
Potatoes.....	3	(20)	69	28	(1)	3	
Prunes (dried).....	2½	(15)	22	73	—	5	
Pudding (tapioca).....	3		65	31	(3)	4	
Pumpkin (cand).....	2		92	6	—	2	
Pure gluten bread.....	2½		45	15	(3)	57?	
Quail (cand).....	3	(50)	67	10	(8)	23	
Rabbit.....	3		73	12	(5)	15	
Radishes.....	3½	(30)	92	5	—	3	
Rasins.....	3	(10)	26	68	(2)	6	
Raspberries.....	2		84	13	(1)	3	
Rhubarb.....	2½	(40)	94	4	(1)	2	
Rice.....	1		12	80	—	8	
Rice (flaked).....	1		10	82	(1)	8	
Rye meal.....	3		13	72	(2)	15	
Sago.....	1¾		12	83	—	5	
Salmon (fresh).....	2 to 4	(30)	75	6	(6)	19	
Salmon (canned).....	2 to 4	(14)	63	13	(12)	24	
Sardines .....	3½	(5)	58	22	(22)	20	
Sauerkraut.....	3		89	4	(1)	5	
Sausage (beef, pork).....	3 to 4		55	25	(24)	20	
Sausage (farmer).....	3½	(4)	23	42	(42)	33	
Shad (roe).....	3	(50)	71	9	(9)	20	
Spinage.....	2½		92	4	—	4	
Sprouts.....	2		87	7	—	6	
Squash.....	2	(50)	92	6	—	2	
Strawberries.....	1½ to 2½	(5)	90	8	—	2	
Succotash (canned).....	2½		76	19	(1)	5	
Suet (beef).....	4 to 5		13	82	(82)	5	
Sugar (brown).....	1		?	95	—	?	
Sugar (granulated).....	1		—	100	—	—	

COMPARATIVE TABLE OF FOOD PRODUCTS

Articles	Digestion hours	Refuse (not included in p. c.)	Water, p. c.	Carbohydrate p. c.	Fat (not included in p. c.)	Protein, p. c.	Salt, p. c.
Sugar (maple).....	1	?	83	88	9	1	1
Topioca .....	1½	11	88	4	12	2	1
Tomatoes .....	1½	94	9	(9)	20	20	2
Tongue (beef).....	3½	(26)	71	2	(2)	20	2
Trout (brook).....	3	(48)	78	23	(23)	22	2
Turkey .....	3 to 4	(23)	55	—	—	—	—
Turnips .....	2½	(30)	90	8	—	2	—
Veal (cutlets).....	3½ to 4½	(4)	71	8	(8)	21	—
Veal (shank).....	3½ to 4½	(61)	74	6	(6)	20	—
Vermicelli .....	2½	—	11	74	(2)	15	—
Wafers .....	3	—	7	82	(8)	11	—
Walnuts (hard-shell) .....	3½	(74)	3	66	(56)	31	—
Walnuts (soft-shell) .....	3½	(58)	3	73	(63)	24	—
Watercress .....	1½	—	93	4	—	3	—
Wheatena .....	2 to 3	—	6	74	(4)	20	—
Wheat flour (white).....	3	—	13	73	(2)	14	—
Wheat meal (whole).....	3	—	14	71	(3)	15	—
Wheat (shredded).....	3	—	8	80	(2)	12	—
Whortleberries.....	1½ to 2½	—	84	12	(1)	4	—
Yeast (compressed) .....	1	—	65	22	—	13	—
Zwieback .....	3	—	12	77	(5)	11	—

## RECEIPES

Although the majority of recipes set forth herein is for cooked dishes, to supply the want of those who have tasted and enjoyed them; to cook food stuffs decreases their nutritive quality (although increasing their digestibility, especially the starches); destroys the organic or mineral constituent which is absolutely necessary for normal physiology and tissue metabolism.

Cooked foods generally appeal to people with big stomachs, to those with cultivated appetites, to people who live to eat.

Should your digestive apparatus be deficient, or should you crave food that requires heat to prepare, it can either be baked, steamed or boiled in a double boiler, using the least possible amount of water on the food stuff, boiling the water off before serving. I refer especially to vegetables and fruits.

The habit of covering the food to be boiled with water, boiling the life and substance therefrom, then throwing the water away, is wrong and uneconomical.

You might as well eat flavored saw-dust.

The fireless cooker can be used to good advantage in preparing food by heat.

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## VEGETABLES

### BAKED BEANS.

Two cups uncooked beans, two teaspoons salt, one cup butter, three large onions, one-half cup brown sugar, one-half cup sorghum.

Soak beans over night, stew in the morning for one and one-half hours set off the stove. Cut up the onions and mix into the beans. Then mix in the butter, molasses and salt. Put in a baking dish and bake four or five hours. Keep enough water so it does not burn. If a bean jar is used bake from eight to ten hours.

### CARROTS AND IRISH POTATOES.

Dice carrots; put to stew for fifteen minutes. Then add an equal amount of diced potatoes. Do not stir. Stew until tender, using very little water. Add butter and salt to taste and pour over all a white sauce. Cook three minutes and serve.

### CARROTS AND PEAS.

May be made as above. If green peas are used they must cook one and one-half hours. New carrots cook tender in thirty-five minutes. Old carrots take from one and one-half to two hours.

### BAKED POTATOES AND CUCUMBERS.

Six potatoes, one onion, two large cucumbers, butter and salt to taste.

Stew and mash potatoes as usual for serving. Butter a baking dish and put the potatoes into it. Peel cucumbers carefully, cut in half lengthwise and scoop out seeds, leaving boat-like shapes. Stew these carefully until tender, with one-half teaspoonful of salt and the chopped onion to flavor. When tender take out of the water carefully and press into the potatoes with the hollow up. Pour over this a white sauce and bake one-half hour.

### BAKED POTATOES AND ONIONS.

Six large potatoes, two Spanish onions, butter and salt to taste.

Peel stew and mash potatoes as usual for serving. Peel onions, cut in half and stew until tender. Salt while stewing and use no more water than necessary. Do not stir. When tender, butter baking dish and put potatoes in, then put onions on top carefully, press the round side into the potatoes, put butter on the onions and bake a golden brown. Enough for four persons.

## WITH FAVORITE RECEIPES

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### CREAMED BEETS.

Cook beets as usual until tender, then dice them, season with butter and pour over them a white sauce (page 44). Stir and let stew two or three minutes.

### FRENCH EGG PLANT.

Two egg plants, three eggs, one ground onion, two cups bread crumbs, one teaspoon butter, two teaspoons salt.

Wash and quarter the egg plant, leaving peeling on, boil in salted water until tender, scoop out the inside and mash the same as potatoes. Beat up the eggs and bread crumbs, add the butter and ground onion, mix all well together, put back in the shell and bake one-half hour.

### FRIED EGG PLANT.

Slice amount of egg plant wanted, peel and salt well, place in layers in dish and put moderate weight on for about one hour, then rinse and dry on cloth dip in beaten eggs, then in corn meal or cracker crumbs, and fry brown and tender in hot olive oil or cotton-seed oil.

### EGG PLANT AND MACARONI CROQUETTES.

One quart stewed macaroni, three onions, one-half cup cracker crumbs, one egg plant, four eggs, one-half cup melted butter, two teaspoons salt.

Grind the cold stewed macaroni in a vegetable grinder with the egg plant and onions peeled and diced. Now mix all well with the eggs, cracker crumbs and salt. When well mixed shape as desired, brush with flour and fry brown in hot olive oil or cotton-seed oil.

### VEGETABLE CROQUETTES.

Four onions, one egg plant, two pints boiled rice one and one-half teaspoons salt, one pint mashed potatoes, four eggs, one cup cracker

## DIET FOR HEALTH

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crumbs, one teaspoon of rubbed sage, one teaspoon celery salt.

Grind egg plant and onions in a vegetable grinder, put rice and potatoes through a sieve, then mix all the rest with the ground vegetables. Mix thoroughly, shape as desired and fry in cotton-seed oil. Enough for eight persons.

### CREAMED SQUASH.

Peel and dice white summer squash, stew until tender in as little water as possible, do not cover. When tender and water is very low, set off the stove. Season with butter, add a golden sauce (page 44), and serve.

### SQUASH FRITTERS.

One summer squash, one large onion, one-half teaspoon salt, two tablespoons flour, one-half teaspoon baking powder, three eggs, one-half cup cracker crumbs.

Grind the raw squash and onions in a meat chopper. Mix all the ingredients thoroughly, drop in hot oil until brown.

### CREAMED KOHL RABI.

Peel and dice the required amount of kohl rabi, stew until tender, letting the water cook very low. Season with salt and butter and pour over it a white or golden sauce (page 44). Stir well and serve.

### BEAN LOAF.

Two quarts green beans, three large onions, meat of ten English walnuts, three eggs, one cup bread crumbs, two teaspoons salt, pinch summer savory.

Stew the beans until tender, cool, put through a meat chopper with raw onions and walnut meats. Mix all the ingredients together and bake for half an hour in a hot oven.

## WITH FAVORITE RECEIPES

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### LENTIL LOAF.

One-half cup stewed beans, two cups stewed lentils, one-half cup stewed peas, one-half cup butter, one-half cup bread crumbs, one pint fried onions, three eggs, two teaspoons peanut butter, one teaspoon salt, one-quarter teaspoon summer savory.

Run beans, lentils and peas through a colander, add the butter melted, fried onions, eggs beaten well, peanut butter rubbed to a cream in a little hot water; last add the savory and bread crumbs and mix well. Oil a loaf pan and put the mixture in it, place in hot oven and bake from three-quarters to one hour.

### CREAMED CAULIFLOWER.

Tear apart a cauliflower and cleanse, salt, and stew it without a cover for twenty minutes, using as little water as possible. Make a golden sauce (see page 44), place cauliflower in dishes to serve and pour the sauce over it.

### STUFFED GREEN PEPPERS.

Wash and clean the peppers, remove the seeds, cutting off the tops with the stems on; steam until tender, cool. Stew two cups of rice, fry two diced onions, mix them with the rice, one egg and a little salt. Stuff the peppers, cover them with their tops, place them in a baking dish, pour stewed tomatoes over them and bake for one hour.

### TOMATO SCRAMBLE.

Heat two tablespoons of butter in frying pan. In this brown two medium sized onions. When brown and tender add two tomatoes chopped fine and a teaspoon of chopped parsley, or watercress. Let fry a few minutes and add six eggs and one-half pint of cream. Fry as for scrambled eggs and serve on toast or lettuce leaf.

## DIET FOR HEALTH

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### BAKED STUFFED TOMATOES.

Take large ripe tomatoes, cut off the stem end and take out enough of the inside to make a hole for filling. Fill with stewed rice, chopped parsley and grated onion mixed well. Place a little butter on each one and sprinkle with salt. Bake in hot oven about one-half hour.

### FRIED TOMATOES.

Cut in one-half inch slices the required amount of tomatoes, not so ripe as to be soft—green ones are good. Salt, turn in flour, and fry brown in hot olive oil or cotton-seed oil. Place in a platter and pour over them a ripe tomato sauce (page 44), and serve while very hot.

### FRIED TOMATOES AND POACHED EGGS.

Fry as directed in preceding recipe and place on each slice a poached egg. Serve on individual dishes.

### TOMATO PUDDING.

One quart stewed tomatoes, one quart fried onions, three heaping tablespoons brown sugar, four eggs, one and one-half cups of crumbs, one cup butter, two teaspoons salt.

Mix tomatoes and onions well, add eggs well beaten, sugar, salt and butter; then use crumbs until all is well mixed. Bake in a moderate oven for two and one-half hours.

### MACARONI AND TOMATOES.

One-half pound macaroni, one quart tomatoes, one-half cup butter, one teaspoon salt, one tablespoon sugar.

## WITH FAVORITE RECEIPES

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Cook the macaroni fifteen to twenty minutes in boiling salted water. Be sure the water is boiling when the macaroni is dropped into it; then drain in a colander. Mix the tomatoes, butter and sugar with the macaroni and bake in hot oven one-half hour.

### MACARONI AND CHEESE.

One quart cooked macaroni, one-half pound cheese (dairy), four eggs, one quart milk, two teaspoons salt, one-half cup butter.

Grate the cheese and mix all the ingredients together and pour into a buttered baking dish. Bake for an hour in a moderate oven.

### PUMPKIN CUSTARD.

Five eggs, one quart milk, one cup mashed pumpkin, pinch of cinnamon, three teaspoons vanilla, one teaspoon salt, one and one-half cups brown sugar, a little grated nutmeg.

Mix all together well, pour in a baking dish, and bake forty-five minutes in a moderate oven.

### SWEET POTATO CUSTARD.

Peel, ~~stew~~ and mash the potatoes through a sieve and proceed as for pumpkin custard.

*Note.*—Either of these two preceding recipes make nice filling for pie.

### GLAZED SWEET POTATOES.

Peel the amount of potatoes desired and stew until tender in ~~salted~~ water. Drain well and put in frying pan in hot butter. Pour over them one cup of brown sugar and fry slowly until nicely browned.

The most wholesome way to prepare potatoes, sweet or Irish, is to bake them.

## DIET FOR HEALTH

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### FRIED CARROTS.

Scrape the carrots, stew until tender, drain, cut in slices lengthwise one-half inch thick, and brown in hot butter.

### FRIED CUCUMBERS.

Peel large cucumbers, slice crosswise in quarter-inch slices, salt, lay on towel and let stand for a while. Dip in beaten egg, then in corn-meal or crumbs, and drop in hot oil.

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## VEGETABLE SAUCES.

### WHITE SAUCE.

One pint boiling milk, one heaping teaspoon cornstarch or white flour, two tablespoons butter, one-half teaspoon salt.

Rub butter and cornstarch together, pour over this the boiling milk, cook well.

### GOLDEN SAUCE.

Make as above and when well cooked set off the stove and beat up the yolks of two eggs and pour into it. Mix well.

### BROWN SAUCE.

One tablespoon flour, one pint milk or cream, one cup strained stewed tomatoes.

Brown the flour in the oven, then mix it to a paste with a little cold milk. Heat the rest of the milk, add the flour to it, cook three minutes, add the tomato juice and cook five minutes more.

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## WITH FAVORITE RECEIPES

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### TOMATO SAUCE.

One quart stewed tomatoes, one-half cup butter, three large onions, two tablespoons flour, one-half teaspoon salt.

Strain and heat the tomatoes, chop the onions and fry them in the butter. When the onions are tender add the salt and flour and brown. Then add slowly the tomato juice until a gravy or sauce is formed. Serve on the rice, etc.

### PEANUT GRAVY.

One tablespoon butter, one tablespoon peanut butter, **one tablespoon flour**, one cup milk.

Brown the butter and flour in pan, add the milk and **peanut butter** rubbed to a cream, add a pinch of salt. Serve on potatoes, etc.

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*Mix brains with your food.*

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### MEAT SUBSTITUTES

Why does Nature produce an abundance of vegetables, fruits, nuts, grains, roots, etc., then the same be called and treated as **substitutes** for animal tissue (including the so-called sea food), which is considered as primary and essential in man's diet?

We know that animal tissue will nourish the body, even as white flour bread, but to live on it alone for any length of time, especially raw and without condiments, would not be palatable or possible. Nuts, fruits, vegetables or grains, either raw or cooked, are much more pleasant and nutritious.

## DIET FOR HEALTH

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Thousands of people live on a non-flesh diet, and to all appearances are well nourished and but seldom over-stout (fat).

Failures while on a non-flesh diet can be attributed to prejudice and ignorance, for it is quite essential to have a practical knowledge of food properties and combinations to insure one with health, a well nourished body, and a state of mental rest and positiveness, regarding the kind and choice of food to nourish the body.

Legumes or pulses, under which are classified beans, peas, lentils,—these are usually considered meat substitutes, because they contain a large percentage of nitrogenous (protein) matter. To my mind, animal tissue is the substitute, and to the informed non-essential.

Most meat when it reaches the table has been dead a long time, carries with it poisons of decomposition which decrease its value as food, and quite often it is unfit to eat.

The eating of meat is a habit, a memory.

With little effort on the individual's part, the body can be nourished back to health, and so maintained on Nature's food, especially if you want to include milk, eggs and honey.



WITH FAVORITE RECEIPES

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*He was a bold man who first ate an oyster.—(Swift.)*

## DIET FOR HEALTH

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### A COMPARISON OF THE NUTRIENTS OF LEGUMES WITH MEATS.

	Water	Carbo-hydrates	Fat	Protein	Ash	Heat and Energy	Flesh and Bone	Cost
Beef, ribs, fat.....	55.5	—	26.6	17.0	.9	26.6 ( 53.2)	17.9	18c lb.
Beans, dried.....	12.6	59.6	1.8	22.5	3.5	61.4 —	26.0	5c "
Beef, tenderloin.....	59.2	—	24.4	15.6	.8	24.4 ( 48.8)	16.4	20c "
Beans, Lima, dried.....	10.4	65.9	1.5	18.1	4.1	67.4 —	22.2	7c "
Beef, round.....	70.0	—	7.9	21.0	1.1	7.9 ( 15.8)	22.1	14c "
Beans, Soy, dried.....	10.8	33.7	16.8	34.0	4.7	50.5 ( 67.3)	38.7	8c "
Mutton, leg.....	63.2	—	17.5	18.3	1.0	17.5 ( 35.0)	19.3	11c "
Lentils, dried.....	8.4	59.2	1.0	23.7	5.7	60.2 —	31.4	8c "
Lamb, loin chops.....	53.1	—	28.3	17.6	1.0	28.3 ( 56.6)	18.6	16c "
Peas, dried.....	9.5	62.0	1.0	24.6	2.9	63.0 —	27.5	6c "
Fowls, young.....	63.7	—	16.3	19.0	1.0	16.3 ( 32.6)	20.0	14c "
Beans, kidney, dried.....	7.5	65.1	1.3	21.9	4.2	66.4 —	26.1	7c "
Pork, ribs, roasted.....	33.6	—	37.6	26.6	2.2	37.6 ( 75.2)	28.8	10c "
Peanuts, roasted.....	2.0	18.2	49.2	30.5	2.5	65.4 (114.6)	33.0	10c "



TABLE OF NUT ELEMENTS

	Percent of Water	Carbo-hydrates	Fat	Proteids
Almonds .....	5	67	(55)	28
Beechnuts .....	5	65	(57)	30
Brazilnuts .....	5	69	(67)	26
Butternuts .....	4	64	(61)	32
Chestnuts (dried) .....	6	78	(7)	16
Cocoanut .....	14	74	(51)	12
Filberts .....	4	72	(65)	24
Hazelnuts .....	10	68	(63)	22
Hickory nuts .....	4	73	(67)	23
Peanuts (roasted) .....	2	65	(49)	30
Pecan nuts .....	3	77	(71)	27
Pinenuts (average) .....	5	66	(56)	29
Pistachios .....	4	66	(54)	30
Walnuts (black) .....	3	66	(56)	31
Walnuts (soft-shelled) .....	3	73	(63)	25
Average .....	5	70	(56)	25

## WITH FAVORITE RECEIPES

 NUTRITIVE VALUE OF THE LEGUMES COMPARED WITH THAT  
OF OTHER FOOD

	Water	Protein	Fat	Carbo-hydrates	Ash	Fuel value per pound
	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories
Fresh legumes:						
String beans.....	89.2	2.3	0.3	7.4	0.8	195
Sugar peas or string peas.....	81.8	3.4	.4	13.7	.7	335
Shelled kidney beans.....	58.3	9.4	.6	29.1	2.0	740
Shelled Lima beans.....	68.6	7.1	.7	22.0	1.7	570
Shelled peas.....	74.6	7.0	.5	16.9	1.0	465
Shelled cowpeas.....	65.9	9.4	.6	22.7	1.4	620
Canned string beans.....	98.7	1.1	.1	3.8	1.3	95
Canned Lima beans.....	79.5	4.0	.3	14.6	1.6	360
Canned kidney beans.....	72.7	7.0	.2	18.5	1.6	480
Canned peas.....	85.3	3.6	.2	9.8	1.1	255
Canned baked beans.....	68.9	6.9	2.5	19.6	2.1	600
Peanut butter.....	2.1	29.3	46.5	17.1	5.0	2,825
Dried legumes:						
Lima beans.....	10.4	18.1	1.5	65.9	4.1	1,625
Navy beans.....	12.6	22.5	1.8	59.6	3.5	1,605
Frijoles.....	7.5	21.9	1.3	65.1	4.2	1,695
Lentils.....	8.4	25.7	1.0	59.2	5.7	1,620
Dried peas.....	9.5	24.6	1.0	62.0	2.9	1,655
Cowpeas.....	13.0	21.4	1.4	60.8	3.4	1,590
Soy beans.....	10.8	34.0	16.8	33.7	4.7	1,970
Chick-peas.....	14.8	12.4	6.7	63.3	2.8	1,690
Peanuts.....	9.2	25.8	38.6	24.4	2.0	2,560
Potatoes.....	78.3	2.2	.1	18.4	1.0	385
Cabbage.....	91.5	1.6	.3	5.6	1.0	145
Tomatoes.....	94.3	.9	.4	3.9	.5	108
Rolled oats.....	7.7	16.7	7.3	66.2	2.1	1,850
Wheat breakfast foods.....	9.6	12.1	1.8	75.2	1.3	1,700
Spring-wheat flour.....	12.3	11.7	1.1	74.5	.4	1,650
Winter-wheat flour.....	11.9	10.7	1.0	75.8	.6	1,650
Lean beef.....	70.0	21.3	7.9	—	1.1	730
Dried beef.....	54.3	30.0	6.5	.4	9.1	840
Milk.....	87.0	3.3	4.4	5.0	.7	325
Cheese.....	34.2	25.9	33.7	2.4	3.8	1,950
Eggs.....	73.7	14.8	10.5	—	1.0	720

# DIET FOR HEALTH

## COMPOSITION OF FOOD MATERIALS WITHOUT CARBOHYDRATES

Food materials	Refuse (bones, skin, shell, etc )	Edible portion						Fuel value of 1 pound	
		Nutrients				Per ct.			
		Water	Total	Protein	Fat				
<b>Animal foods</b>		Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories		
Beef:									
Neck.....	20	49.6	30.4	15.6	14	.8	880		
Shoulder.....	12.6	55.8	31.6	17	13.7	.9	890		
Chuck rib.....	14.6	49.5	35.9	15	20.1	.8	1,125		
Rib.....	21	38.2	40.8	12.2	27.9	.7	1,405		
Sirloin.....	19.5	48.3	32.2	15	16.4	.8	970		
Round steak.....	7.8	60.9	31.3	18	12.3	1	855		
Side (no kidney fat).....	19.2	44.3	36.5	13.9	21.8	.8	1,180		
Rump (corned).....	5	70.8	24.2	16.7	5.1	2.4	525		
Flank (corned).....	12.1	43.7	44.2	12.4	29.2	2.6	1,460		
Veal (shoulder).....	17.9	56.7	25.4	16.6	7.9	.9	640		
Mutton:									
Shoulder.....	16.3	49	34.7	15.1	18.8	.8	1,075		
Leg.....	18.1	50.6	31.3	15	15.6	.7	935		
Loin.....	15.8	41.5	42.7	12.6	29.5	.6	1,480		
Side (no kidney fat).....	17.3	44.2	38.5	14	23.7	.8	1,260		
Pork:									
Shoulder (roast, fresh)....	14.6	43	42.4	13.6	28	.8	1,435		
Ham (salted, smoked)....	11.4	36.8	51.8	14.8	34.8	2.4	1,735		
Chicken.....	38.2	44.6	17.2	15.1	1.2	.9	330		
Turkey.....	32.4	44.7	22.9	16.1	5.9	.9	550		
Eggs (in shell).....	13.7	63.1	23.2	12.1	10.2	.9	655		
Fish, etc.									
Flounder (whole).....	66.8	27.2	6	5.2	.3	.5	110		
Bluefish (dressed).....	48.6	43	11.1	9.8	.6	.7	210		
Codfish (do.).....	29.9	58.5	11.6	10.6	.2	.8	205		
Shad (whole).....	50.1	35.2	14.7	9.2	4.8	.7	375		
Mackerel (whole).....	44.8	40.4	15	10	4.3	.7	365		
Halibut (dressed).....	17.7	61.9	20.4	15.1	4.4	.9	465		
Salmon (whole).....	35.3	40.6	24.1	14.3	8.8	1	635		
Salt codfish.....	42.1	40.5	17.6	16	.4	1.2	315		
Smoked herring.....	50.9	19.2	29.9	20.2	8.8	.9	745		
Salt mackerel.....	40.4	28.1	3.15	14.7	15.1	1.7	910		
Canned Salmon.....	4.9	59.3	35.8	19.3	15.3	1.2	1,005		
Lobsters.....	62.1	31	6.9	5.5	.7	.6	135		
Oysters.....	82.3	15.4	2.3	1.1	.2	.4	40		

## DAIRY DISHES

### PLAIN CUSTARD.

One quart milk, five eggs, one teaspoon cornstarch, one cup brown sugar, two teaspoons vanilla, one pinch salt.

Beat eggs and sugar well, add milk, salt, mix, add vanilla, put in baking dish or custard cups and bake in hot oven for thirty minutes. Set dish containing custard in a pan of water while baking—prevents water forming in custard.

### BOILED CUSTARD.

Make same as plain custard and cook in a double boiler; do not stir. Folding in the whites of the eggs beaten stiff makes a finer custard.

### ORANGE CUSTARD.

Make a boiled custard, cool it somewhat. Peel five oranges; be sure to take off all the white inner skin or the custard will be bitter. Slice the oranges across in slices about a quarter-inch thick, then quarter the slices; mix with the custard. Pour into baking dish or individual custard cups, cover the top with white of egg beaten stiff and slightly sweetened. Set in quick oven and brown.

### COTTAGE CHEESE.

This cheese in combination with any salad makes an ideal meal.

Take clabber milk and set on stove from three to five minutes, take off and pour into a strong bag and hang up to drain until all the whey has been drained off, from six to twenty-four hours. Then empty into a dish and beat up well. Add a pinch of salt and press through a sieve. Add sweet cream to make the desired consistency. The addition of good cream cheese improves it. Olives cut fine and mixed in the cheese also improves it. Caraway seed can also be used.

CHEESE SOUFFLE.

One cup chopped cheese, one-half teaspoon salt, three eggs, two tablespoons flour, one-half cup milk, two tablespoons butter.

Melt the butter in a saucepan, then add the flour; when smooth, add the milk, stirring carefully; then add the salt. Cook for two minutes and cool. Add the yolks of eggs well beaten, and cheese. When almost cold add the stiffly beaten whites of the eggs, folding them in lightly. Turn into buttered baking dish, set in a pan of hot water and bake from twenty to thirty minutes. If desired to serve individually in ramaline or timbale cups ten to twenty minutes with moderate heat will bake them nicely. In either case serve at once, as all souffle mixtures fall quickly.

WELSH RAREBIT.

One and one-half pounds New York cream cheese, two eggs, one-half cup cream, one-half teaspoon salt.

Cut the cheese into small pieces. Put the cream into a dish in a pan of hot water, or into a double boiler. As soon as hot add the cheese; stir constantly until the cheese is melted. Then add the eggs well beaten, salt, and serve on hot crackers or toast. If rarebit becomes stringy the cheese used was not rich enough.

ENGLISH MONKEY.

One pint cream, one-half pound cheese cut fine, one cupful soft bread crumbs, one egg well beaten, one-half teaspoon salt.

Put cream in a dish over hot water, when hot add cheese, stir until dissolved. Add bread crumbs and stir well, then add the egg and salt and stir again. Now cover and let it cook *without stirring* for ten minutes.

CHEESE MUFF.

Lay slices of buttered bread in a baking pan and slice some cheese on them. Pour over them a cup of milk mixed with two eggs and a pinch of salt. Sprinkle some crumbs on top and bake.

WITH FAVORITE RECEIPES

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SCRAMBLED EGGS.

Beat six eggs with two-thirds of a cup of milk and one teaspoon of salt. Butter a frying pan and when hot pour in the eggs. Stir constantly until done.

GEFORMTE EIER.

On the bottom of well buttered patty pans sprinkle finely chopped parsley. Break an egg into each pan. Set them in a large pan in one-half inch of hot water and bake until set. Turn out on a platter and pour around them a white sauce.

CHEESE CAKE.

Two cups extra dry cottage cheese, two cups sugar, one heaping teaspoon soda, two heaping teaspoons flour, five eggs, two teaspoons vanilla, one teaspoon salt.

Put the cheese through a sieve, then mix all together as for cake. Bake in a hot oven half an hour. Serve with cream or sauce.

# DIET FOR HEALTH

## COMPOSITION OF DIFFERENT FOOD MATERIALS CONTAINING NO REFUSE

Food Materials	Water	Edible portion						
		Total	Nutrients				Fuel value of 1 pound	
			Protein	Fat	Carbo- hyd's	Mineral ma ter		
	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Per ct.	Calories	
Eggs .....	73.8	26.2	14.9	10.5	—	.8	721	
Milk .....	87	13	3.6	4	4.7	.7	325	
Butter .....	10.5	89	1	85	.5	3	3,615	
Oleomargarine .....	11	89.5	.6	85	.4	3	3,605	
Cheese:								
Full cream .....	30.2	69.8	28.3	35.5	1.8	4.2	2,070	
Skim milk .....	41.3	58.7	38.4	6.8	8.9	4.6	1,165	
<i>Vegetable foods</i>								
Wheat flour .....	12.5	87.5	11	1.1	74.9	.5	1,645	
Graham flour (wheat) .....	13.1	86.9	11.7	1.7	71.7	1.8	1,625	
Rye flour .....	13.1	86.9	6.7	.8	78.7	.7	1,625	
Buckwheat flour .....	14.6	85.4	6.9	1.4	76.1	1	1,605	
Oatmeal .....	7.6	92.4	15.1	7.1	68.2	2	1,850	
Corn meal .....	15	85	9.2	3.8	70.6	1.4	1,645	
Rice .....	12.4	87.6	7.4	.4	79.4	.4	1,630	
Peas .....	12.3	87.7	26.7	1.7	56.4	2.9	1,565	
Beans .....	12.6	87.4	23.1	2	59.2	3.1	1,615	
Potatoes .....	78.9	21.1	2.1	.1	17.9	1	375	
Sweet potatoes .....	71.1	28.9	1.5	.4	26	1	530	
Turnips .....	89.4	10.6	1.2	.2	8.2	1	185	
Carrots .....	88.6	11.4	1.1	.4	8.9	1	200	
Onions .....	87.6	12.4	1.4	.3	10.1	.6	225	
String beans .....	87.2	12.8	2.2	.4	9.4	.8	235	
Green peas .....	78.1	21.9	4.4	.6	16	.9	405	
Green corn .....	81.3	18.7	2.8	1.1	13.2	.6	345	
Tomatoes .....	96	4	8	.4	2.5	.3	80	
Cabbage .....	91.9	8.1	2.1	.3	5.5	1.1	155	
Apples .....	83.2	16.8	.2	.4	15.9	.3	315	
Sugar (granulated) .....	2	98	—	—	97.8	.2	1,820	
Molasses .....	24.6	75.4	—	—	73.1	2.3	1,380	
White bread (wheat) .....	32.3	67.7	8.8	1.7	56.3	.9	1,280	
Boston crackers .....	8.3	91.7	10.7	9.9	68.7	2.4	1,895	

WITH FAVORITE RECEIPES

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RECEIPES

DIET FOR HEALTH

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RECEIPES

**WITH FAVORITE RECEIPES**

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**RECEIPES**

DIET FOR HEALTH

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RECEIPES

WITH FAVORITE RECIPES

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RECIPES

DIET FOR HEALTH

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RECEIPES

WITH FAVORITE RECEIPES

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RECEIPES

DIET FOR HEALTH

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RECEIPES

## CONCERNING DIET OF RAW FOOD

I heartily advise periods in which to live on raw foods only, especially during the summer months, when fruits, nuts, vegetables, eggs and milk are plentiful and easily procured. This is an ideal and comfortable way to cleanse the system. Although you may experience the loss of a few pounds, that you can readily regain, especially if you are under-weight.

Choice of salad, either lettuce, cabbage, tomato, cucumber, spinach, water cress, celery, apple, green onion, grated carrot, radish, beet, turnip, or combinations of any two or three of these to suit the taste, are very desirable combined with fruit in season, cottage cheese, raw egg or custard with a glass of milk or fruit juice. This makes an ideal meal, and very satisfying to a normal, natural appetite.

(Do not eat cereal, bread or vegetable containing granular starch with above combination.)

Dress your salad either with mayonaise or lemon juice, olive oil; grated, sliced or juice of onion. Add an ounce or less of pine seed (pignolia nuts).

## BODILY ELEMENTS.

The average mature human body in health which weighs about 160 pounds consists of 90 pounds oxygen, 45 pounds carbon, 15 pounds hydrogen, 1 $\frac{3}{4}$  pounds nitrogen, 3 $\frac{3}{4}$  pounds calcium, 1 $\frac{1}{2}$  pounds phosphorus, 1 $\frac{1}{2}$  pounds chlorine, 3 $\frac{1}{2}$  ounces sulphur, 3 $\frac{1}{2}$  ounces fluorine, 3 ounces potassium, 2 $\frac{1}{2}$  ounces sodium, 2 ounces magnesium.

These elements are most abundantly obtained from raw fruits, vegetables, salads and nuts in their natural proportion and combination. In this state they are most readily assimilated. Heat destroys their properties more or less.

FOOD CLASSIFICATION.

Foods are generally classified into: 1. Proteids. 2. Carbohydrates (starches and sugars). 3. Fats. 4. Mineral matter (nutritive salts). 5. Air. 6. Water.

All these elements are essential in the manufacture of good normal blood. The blood in turn allows the construction and repair of the various tissues (the brain and nerve tissues inclusive).

I.—*Proteids* contribute toward the development and repair of muscle, nerve tissue, tendons, ligaments, etc. They also serve as a source of heat and energy.

II.—*Carbohydrates* (starches and sugars) are utilized in the production of heat and energy, and when the bodily activity and intake of oxygen are deficient they are liable to ferment, pass off as ingested, or are transformed and deposited as fatty tissue. An excess of starch in one's dietary will clog the system. Especially during the summer months, reduce, or better avoid, granular starches, such as bread, cereals, potatos, beans and peas. Carbohydrates are often called proteid spares.

III.—*Fats* are most potent in the generation of heat and energy and can be ingested to advantage during cold weather (providing your digestion is not impaired). Vegetable fats (olive, nut and cotton-seed oils) are preferable to animal, although cream, sweet butter and some choice fat meats are acceptable.

Fats when not utilized by the body are deposited as fat in and about the tissues, which deposit in excess is ungainly and interferes with normal function, or are passed off as ingested, utilizing vitality in the process. During hot weather reduce the ingestion of fat to the minimum.

## WITH FAVORITE RECEIPES

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IV.—*Nutritive Salts* (ash, mineral matter) are of more importance when considering diet and tissue needs than are either proteids, fats or carbohydrates. These latter are procurable from most any dish at the average table.

Organic mineral elements play a very important part in the formation of healthy blood and tissue, being indispensable to the various osmotic functions that are essential to life,—they enter into the formation of all cell life, the growth and repair of bone, etc.

Fruits, raw vegetables, salads, milk and nuts are rich in nutritive salts.

Proteids, fats and carbohydrates are compounds composed mainly of gaseous elements, namely, oxygen, hydrogen, nitrogen and carbon. In addition to these the body, to maintain health, needs potassium, sodium, calcium, magnesium, iron, phosphorus, sulphur, silicon, chlorine, fluorine and manganese.

These elements exist in the animal organism in combination with oxygen as oxides, called cell salts, being distinct in their atomic structure from the inorganic salts found in the soil or chemist's shop.

V.—*Air*, strictly speaking, is not a food, but a constant supply is necessary to insure the utilization of food ingested and for the continuance and equalization of circulation. The rhythmic action set up through and by breathing determines the rapidity and intenseness of all tissue rhythm (stomach, heart, intestines, etc.).

To completely utilize your food and to increase the various bodily functions you must necessarily increase the flexibility and capacity of the thoracic walls, thus allowing the intake of more atmosphere. You can bring this about by corrective exercise plus breathing effort, applied to the positive part of exercise. Oxygen is the potent element in atmosphere and absolutely necessary to life.

V.—*Water*. Two-thirds of the bodily weight is composed of water. Like oxygen, water is important and essential to normal physiological function. It lends volume to the body and its fluids, allowing essential

## DIET FOR HEALTH

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osmotic processes between the various tissues and cavities. Water is essential to secretion, excretion and elimination; it aids in the dissolving, dilution, distribution and utilization of the food you eat.

Aside from the fluid you ingest with your food, drink an average of from three to four quarts of distilled water every twenty-four hours—no harm in drinking more. In hot weather you require more water than in cold. The more condiments you eat the more water you need to drink.

Avoid ice, colored, flavored, soda, or so-called medicated waters.

Upon arising drink one to two glasses of cool water. Drink freely between meals, not immediately before, at, or within two hours after meals. Drink one or two glasses of water before retiring.

Water is dissipated through the kidneys, bowels, skin and lungs, carrying with it products of catabolism and substances ingested.



*Raw water is an aquarium.  
Boiled water a graveyard.  
Mineral water is premature old age and rheumatism.  
Filtered water is a subterfuge.  
Distilled water is purity.*

*(Prof. E. B. Warman, M.A.)*

## Composition of Food Products

## Composition of Mineral Matter

PER CENT.  
I      II      III      IV      V  
AS GIVEN IN THE 5th COLUMN.

	Water	Protein (Albumen)	Carbo-Hydrates (Sugar, Starches)	Mineral Matter	Potassium (K <sub>2</sub> O)	Sodium (Na <sub>2</sub> O)	Chlorine (Cl <sub>2</sub> )	Silicon (SiO <sub>2</sub> )	Chlorine (Cl <sub>2</sub> )
Human Milk .....	87.02	2.36	6.23	0.45	33.80	9.12	16.70	2.16	0.22
Cow's Milk .....	87.20	3.55	3.70	4.88	24.67	9.70	22.05	3.05	0.55
Meat (Average) .....	72.00	20.00	5.00	0.40	1.10	41.30	3.60	3.21	0.70
Blood of the Ox .....	80.80	18.10	0.20	0.03	0.85	7.60	45.00	1.10	0.60
Eggs .....	73.70	12.65	12.10	0.55	1.10	17.40	22.90	10.90	0.40
Seafish .....	81.00	17.10	0.34	1.60	21.80	14.90	15.20	3.90	0.30
<i>Fruits</i>									
Apples .....	84.80	0.40	—	13.00	0.50	35.70	26.10	4.10	8.75
Strawberries .....	87.70	0.50	—	7.70	0.80	21.10	28.50	14.20	—
Gooseberries .....	85.70	0.50	—	8.40	0.40	38.65	9.90	12.20	5.85
Prunes .....	81.20	0.80	—	11.05	0.71	48.30	9.05	11.30	3.60
Peaches .....	83.00	0.40	—	11.80	0.30	54.70	8.50	8.00	5.20
Blueberries .....	78.40	0.80	—	5.90	1.00	57.10	5.16	8.00	6.10
Cherries .....	79.80	0.70	—	12.00	0.70	51.85	2.20	7.50	5.50
Grapes .....	78.20	0.60	—	16.30	0.50	56.20	1.40	10.80	4.20
German Prunes .....	84.90	0.40	—	8.20	0.66	59.20	0.50	10.00	5.50
Dried Figs .....	31.20	1.34	1.45	65.90	2.86	28.36	26.27	18.91	9.21
Olives .....	30.07	5.24	51.90	2.34	80.90	7.53	7.46	0.18	0.92
<i>Nuts</i>									
Walnuts .....	4.70	16.40	62.90	7.90	2.03	31.10	2.25	8.60	13.00
Chestnuts, Dried .....	7.30	10.80	2.90	73.80	3.00	56.70	7.12	3.87	7.47
Almonds .....	6.00	23.50	53.00	7.80	3.10	28.00	0.20	8.80	17.66
Cocoanuts .....	46.60	5.50	35.90	8.10	1.00	43.90	8.40	4.60	9.40
Beechnuts .....	9.09	21.70	42.50	19.20	3.86	17.15	5.20	18.40	14.15

## Composition of Food Products

## Composition of Mineral Matter

PER CENT. AS GIVEN IN THE 5th COLUMN. PER CENT.

	I	II	III	IV	V	Mineral Material (Carbo-Hydrates) (Sugar, Starches)	Potassium (K <sub>2</sub> O)	Sodium (Na <sub>2</sub> O)	Calcium (CaO)	Magnesium (MgO)	Iron (Fe <sub>2</sub> O <sub>3</sub> )	Phosphorus (P <sub>2</sub> O <sub>5</sub> )	Sulphur (S <sub>2</sub> O <sub>3</sub> )	Silicon (SiO <sub>2</sub> )	Chlorine (Cl)
<i>Vegetables</i>															
Spinach.....	88.50	3.50	0.60	4.44	2.10	16.60	35.30	11.90	6.40	3.35	10.25	6.90	4.50	6.30	
Savoy-Cabbage.....	87.10	3.30	0.70	6.00	1.64	27.50	10.20	21.40	3.60	1.70	14.75	8.20	4.78	7.90	
Red-Cabbage.....	90.06	1.83	0.20	5.86	0.77	22.10	12.10	27.90	4.44	0.10	3.90	15.30	0.50	13.65	
Onions.....	76.00	1.70	0.10	10.70	0.70	2.50	22.90	2.50	2.30	17.35	5.68	8.50	2.40	4.60	
Carrots.....	87.05	1.00	0.20	9.40	0.90	36.90	21.20	11.30	4.40	1.00	12.80	36.45	2.40	4.60	
Horse-Radish.....	76.70	2.70	0.35	16.00	1.50	30.76	4.00	8.20	2.90	1.94	7.70	36.80	12.70	0.90	
Asparagus.....	93.75	1.80	0.25	2.60	0.54	24.00	17.10	10.85	4.30	3.40	18.60	6.20	10.10	5.90	
Radishes.....	93.30	1.20	0.15	3.80	0.74	32.00	21.15	14.00	3.10	2.80	10.90	6.50	0.90	9.15	
Cauliflowers.....	90.90	2.50	0.30	4.55	0.83	44.36	5.90	5.60	3.70	1.00	20.20	13.00	3.70	3.40	
Cucumbers.....	96.60	1.20	0.10	2.30	0.44	41.20	10.00	7.30	4.16	1.40	20.00	6.90	8.00	6.60	
Lettuce.....	94.30	1.40	0.10	2.20	1.03	37.60	7.50	14.70	6.20	5.20	9.20	3.60	8.10	7.65	
Potatoes.....	75.09	2.08	0.15	21.00	1.10	60.10	3.00	2.60	4.93	1.10	16.90	6.53	2.00	3.50	
<i>Legumes and Cereals</i>															
Lentils.....	12.35	25.70	1.90	53.30	3.04	34.80	13.50	6.30	2.50	2.00	39.30	£ 40	4.63		
Peas.....	15.00	22.85	1.80	52.40	2.58	43.10	1.00	4.80	8.00	0.80	35.90	£ 40	0.90		
Beans.....	14.76	24.30	1.60	49.00	3.26	41.50	1.10	5.00	7.16	0.50	38.90	3.40	1.60		
Whole Wheat.....	13.40	13.60	1.90	69.10	2.00	31.20	2.10	3.25	12.10	1.30	47.20	0.40	2.00	1.80	
Superfine Flour.....	12.60	10.20	0.90	74.70	0.50	34.40	0.80	7.50	7.70	0.60	49.40	1.40	1.40	0.50	
Rye.....	15.06	11.50	1.80	67.80	1.81	32.10	1.50	2.90	11.12	1.20	47.70	1.30	1.40		
Oats.....	13.80	11.10	2.20	64.90	2.70	16.30	0.70	12.50	1.70	1.20	32.80	3.00	28.70		
Corn.....	12.40	10.40	5.20	57.80	3.02	17.90	1.70	3.60	7.10	1.20	25.60	1.80	39.20	0.90	
Rice, Unpolished.....	13.10	9.85	4.60	68.50	1.51	29.80	1.10	2.20	15.60	0.80	45.60	0.80	2.10	1.90	
		7.85	0.88	76.50	1.00	25.00	3.70	11.10	1.40	3.70	53.76	0.50	2.60	0.10	

## SALADS

### CUCUMBER SALAD

Peel and slice the required amount of cucumbers. To every four medium sized cucumbers slice fine one onion the size of an egg, salt and mix well, let stand for twenty minutes, then press and crush with the hand, drain off the water and add lemon juice and olive oil to taste. Serve on lettuce leaves and sprinkle pignolia nuts over each dish.

### LETTUCE SALAD.

Cleanse the lettuce and place in salad dishes. Pour over it a dressing made of chopped onion, lemon juice, olive oil, and salt to taste. May be garnished with slices of hard boiled egg if desired.

### GREEN BEAN SALAD.

Slice green bean pods lengthwise, cutting the beans in half. Stew until tender in slightly salted water. Drain, cool, place in salad dishes and dress same as lettuce.

### DANDELION SALAD.

Pick young, tender dandelion leaves, cleanse thoroughly, place in salad dishes and pour over them the following dressing:

Pour two tablespoons of olive oil in a frying pan, heat, add one level tablespoon of flour, brown, add one tablespoon of lemon juice, one tablespoon of water, a pinch of salt, and beat to a paste.

### TOMATO SALAD.

Slice, or cut in cubes, the required amount of ripe tomatoes, place in a large dish. To every quart of tomatoes add two onions, the size of an egg, chopped fine; juice of one and one-half lemons and three tablespoons of olive oil; salt to taste; stir well. Place on lettuce leaves in salad dishes and sprinkle with pignolia nuts.

### CABBAGE SALAD.

Shred cabbage as for cold slaw, add a little shredded onion and some celery. Mix well with mayonnaise dressing and serve in salad dishes. Serve with or without hard boiled eggs sliced on top, or pignolia nuts.

### BLUMENKOHL SALAD.

Boil a head of cauliflower fifteen minutes without a cover, salt while boiling. Throw into cold water until wanted, then tear apart, dry on a soft towel, put in salad dishes and pour mayonnaise dressing over it. Garnish with hard boiled eggs and lettuce leaves.

*Note.*—Cauliflower broken up, stewed twenty minutes and dressed with golden sauce is an ideal dish.

### BOSTON SALAD.

Soak small white beans over night, boil until the skins come off, drain and chill on ice. Dice tomatoes, peppers and onions to an amount equal to one-half the quantity of beans. Just before serving mix lightly with French dressing and serve on lettuce leaves.

### SPANISH SALAD.

Wash and dry carefully the inner heart of a head of lettuce. Separate the leaves and fill with Spanish salad made as follows:

Two tomatoes peeled and diced, one cucumber peeled and sliced very thin, and one small green pepper chopped fine. Over all pour French dressing. Prepare tomato and cucumber first and chill on ice.

### HOLLY SALAD:

Take the largest and brightest red apples you can find and cut a deep slice from each at the stem end. Scoop out the pulp and smooth the inside; drop apples and covers in cold water till wanted. Dice crisp celery and mix with an equal amount of apple pulp and one-third the

amount of broken English walnut meats, adding a stiff mayonnaise to the mixture. Wipe and polish the apples and fill them with the salad, fitting on covers carefully. Serve each on a lettuce leaf.

#### YACHT SALAD.

Peel medium sized cucumbers, cut them in half lengthwise and scoop out the seeds to make boats. Put in salt water for ten minutes, rinse thoroughly and set in ice water till wanted. Dice a large tomato, a stalk of celery, a small onion, a small green pepper and a sprig of parsley; mix with mayonnaise and chill on ice. When ready to serve, fill the boats, lay on lettuce leaves rounded side up and set a tiny lettuce leaf held vertically by two toothpicks in each boat for the sail. The cargo consists of the salad mixture.

#### WATERCRESS SALAD.

Crisp watercress in ice water, dry carefully on a soft towel, lay in salad dishes and cover with thin slices of sour apple. Serve with mayonnaise and a garnish of diced hard boiled eggs or pignolia nuts.

#### GREEN CORN SALAD.

Boil young corn on the cob in water slightly salted for ten minutes. Wrap in soft towel until cold. Cut from the cob, mix with thick mayonnaise and chill on ice. Peel firm, smooth tomatoes and cut a slice from stem end. Scoop out part of the pulp and fill the hollow with salad mixture. Chill on ice till wanted. Serve in nests of lettuce leaves with a spoonful of mayonnaise on top.

#### COMBINATION SALAD—CUCUMBER AND TOMATO.

Peel and slice the desired amount of cucumbers, add one chopped onion, salt, and cover for one hour before serving, then drain. Add to this, when ready to serve, an equal amount of diced tomatoes. Pour on it a French dressing and salt to taste.

## WITH FAVORITE RECEIPES

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### GREEN PEPPER SALAD.

Take large green peppers, tomatoes and onions as near the same size as possible. Peel tomatoes and onions and chill all on ice. Take the heart of Romaine lettuce but do not separate the leaves, wash and dry. When ready to serve, cut tomatoes, onions and pepper in rings and slip them on the lettuce leaves, alternating the colors. Serve with French dressing.

### YELLOW TOMATO SALAD.

Remove the skins carefully from the small yellow "pear" tomatoes and chill very cold on ice. Arrange in a pattern in a nest of crisp curly lettuce leaves, sprinkle with parsley and serve with French dressing.

### APPLE AND CELERY SALAD.

To three cups of chopped apples take one and one-half cups of chopped celery and one cup of walnut (or other nut) meats. Mix well with mayonnaise dressing.

## SALAD DRESSINGS.

### MAYONNAISE DRESSING.

Five eggs, one cup water, two tablespoons butter, two tablespoons olive oil, one teaspoon salt, one teaspoon celery salt, one-half cup sugar, two level teaspoons cornstarch, juice of four lemons, one heaping teaspoon mustard. Makes one quart.

Cream mustard and starch in a little water. Beat the eggs well, add all the rest and cook in a double boiler; or better, set pan in a large pan of hot water and stir until well thickened. Chill and thin amount wanted for immediate use with whipped cream or milk.

### FRENCH DRESSING.

Consists of the amount of olive oil and lemon juice needed for the salad beaten with onion juice or chopped onions and salted to taste.

## FRUIT BEVERAGES.

### MOCK STRAWBERRY BLEND.

Juice of one lemon, juice of one orange. Add to this the juice strained from one pint of cranberries well cooked in a quart of water and sweetened while cooking. Add to this one pint of water and three tablespoons of sugar. Heat and strain again. Set on ice to cool.

### GRAPE JUICE.

Five pounds grapes, one quart water, three-quarters pound sugar.

Cook grapes in the water until soft; strain through a hair sieve, then through a cloth bag. Return to the stove and add the sugar. Let come to a boil. Bottle and seal.

### STRAWBERRY AND ORANGE PUNCH.

Make a thin syrup of one part sugar to two parts of water. To three pints of syrup add one pint strawberry juice (drained from canned strawberries) and half the quantity of orange juice. Sweeten to taste.

### RASPBERRY DELIGHT.

Clean and chill some choice red raspberries. To the pulp and juice of two oranges, from which skin and membrane have been removed, add the juice of a lemon, bits of pineapple, slices of banana, other seasonable fruit and grape juice at pleasure. Sweeten to taste, leaving the mixture rather tart, then chill. Half fill small sherbet cups with the berries and cover with the fruit mixture. To convert them into an attractive dessert cover each portion with a spoonful of orange, lemon or pineapple ice.

### BANANA DELIGHT.

Cut thoroughly ripe bananas into tiny dice; then add, by measurement, two-thirds as much lemon juice as there are bananas. Sweeten to taste and chill. At serving time add cold water to make of the proper strength.

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## WITH FAVORITE RECEIPES

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### STRAWBERRY DELIGHT.

Mash one quart of strawberries, add the juice of one orange and a lemon, two cupfuls of sugar and five cupfuls of water. Stir well and let stand two hours on ice. Then strain through a hair sieve and then through a jelly bag. Put this into tall glasses, adding three sliced strawberries to each glass.

### FRUIT PUNCH.

Two cups sugar, one cup water, one cup pineapple juice, one cup orange juice, one cup strawberry juice, one-half cup lemon juice, one-half cup canned cherries.

Boil the sugar and water to a syrup; add the fruit juices, let stand twenty minutes, strain and chill. Add the whole cherries. Sweeten or weaken to taste. Serve cold. It will rarely need reducing with water unless the juices of preserved fruits have been used.

### GRAPE PUNCH.

Make a syrup by boiling one quart of water and one pint of sugar ten minutes, add one pint of grape juice, one pint of orange juice and the juice of three lemons. When chilled add cold water to dilute, and serve.

### RASPBERRY PUNCH.

To two and one-half cups of sugar syrup add one-half cup of raspberry juice, two cups orange juice, one cup of juice strained from stewed cranberries. Strain and serve cold.

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*Earn your bread by the sweat of your brow.*

## CONCERNING MEAT.

I am often asked concerning the efficiency and advisability of including meat in the corrective or therapeutic diet.

It is not advisable. When on a corrective diet the object desired is to dissolve and allow the elimination of toxins and other foreign deposits that have heretofore been deposited in and around the tissues. This necessitates a diet containing the minimum amount of toxins; and one that is least liable to ferment.

Meat is not a dissolver nor does it accelerate elimination (of accumulated toxins). On the contrary, meats are laden with toxins, the results of catabolism in the live animal plus the poison of decomposition that takes place immediately after the killing. Often the carcass remains in cold storage weeks and months, is then transported to your local market, where it remains from one day to several weeks before it is consumed. Who knows? The animal might have been diseased in the beginning.

In my opinion, meat has no place in a diet intended for therapeutic purposes, being too stimulating and carrying too much poison.

Any individual who is informed of the tissue needs and has a knowledge of food elements and their combination, need not resort to animal tissue to nourish his body. There are few so equipped, even among the vegetarians.

To those who enjoy good health and wish to eat meat, moderation should be their keynote. To eat meat (preferably that of fresh game, fowl, mutton or fish) two or three times a week is sufficient.

For the generation of immediate strength, meat as a food is said to be unexcelled, due, no doubt, to its stimulating qualities.

For endurance a non-meat diet is superior.

A very striking demonstration of this fact was furnished by a walking match held in Germany a few years ago, when fourteen meat eaters and eight vegetarians started for a seventy-mile walk. All the vegetarians reached the goal, in good condition, according to reports, the first

covering the distance in fourteen and a quarter hours. An hour after the last vegetarian, came the first meat eater. He was "completely exhausted and demanded brandy to revive him. The thirteen remaining meat eaters dropped out after thirty-five miles.

Otto Carque states in "The Folly of Meat Eating":

"The idea that meat contains some nourishing ingredients which cannot be found in plant foods is entirely erroneous.

"On the other hand, we find in plant foods, such as fruits, nuts and vegetables in their endless variety, the needs of our body, especially the organic salts, in far larger proportions and in a much purer form than in flesh foods.

"Furthermore, meat lacks the subtle, imponderable, vitalizing principles of the products of the soil which are ripened directly by the enlivening rays of the sun.

"Meat is at the very best a one-sided, and at the same time, expensive food-material, insufficient for the formation of healthy blood."

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*Stimulate your appetite with outdoor work.*

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## SOUPS.

### TOMATO SOUP, OR MOCK BISQUE SOUP.

One quart milk, one quart stewed tomatoes, one-quarter teaspoon soda, one tablespoon flour, two tablespoons butter, two teaspoons salt.

Heat milk and tomatoes separately; put soda into the tomatoes. Melt butter in a frying pan, add flour and salt. Brown carefully and add tomatoes very slowly, making a cream gravy. Then mix with milk and serve at once.

## DIET FOR HEALTH

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### BARLEY SOUP.

One cup barley, three tomatoes or one pint stewed tomatoes, one carrot or turnip, one cup chopped celery, three large onions, one cup butter, two teaspoons salt.

Soak the barley over night. Put to boil with the vegetables, diced small. Salt. Cook two hours. Fifteen minutes before serving add the butter.

### NUT SOUP No. 1.

Two tablespoons peanut butter, two cups mashed potatoes, three small heads celery, one pint milk.

Cut celery into inch pieces. Cook in small quantity of boiling water until tender. Add potatoes. Press through a hair sieve. Rub peanut butter to a paste with the milk. Place on stove and add hot water to give desired consistency. Butter and salt to taste.

### NUT SOUP No. 2.

Two tablespoons peanut butter, one quart boiling water. Add vegetables or rice, macaroni, diced celery, to suit taste. Cook two hours. Salt and serve.

### WALNUT BALLS FOR SOUP.

One-half cup cracker crumbs, one-half cup walnut meats, three yolks of hard boiled (15 minutes) eggs.

Mix well, season with salt, mix in balls with sweet milk. Cook in soup ten minutes.

### POTAGE A LA CREOLE.

One quart strained tomatoes, one-half cup rice, two tablespoons butter, one chopped onion, one teaspoon salt, one-quarter bay leaf, one-half teaspoon celery salt.

Cook rice and onion together until rice is tender. Add strained tomatoes, one cup of water and seasonings. Bring to a boil and serve.

## WITH FAVORITE RECEIPES

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### VEGETABLE PUREE.

One pint dried peas, one pint green beans, one large carrot, two celery roots, one quart milk, six large potatoes, one teaspoon celery salt, two teaspoons salt, one cup butter, sprig chopped parsley.

Soak peas and beans over night. Boil with vegetables in as little water as possible until tender. Mash through a hair sieve. Add the milk, salt, butter and chopped parsley. If desired, add more milk. Bring to boiling point and serve.

### BEAN PUREE.

Two cups white soup beans, four large potatoes, three pints milk, three large onions, two cups chopped kale, one cup butter, salt to taste.

Soak beans over night. Cook until tender and mash through a hair sieve. Cook potatoes, mash, run through sieve and put with the beans. Dice the onions and stew with the kale in as little water as possible until tender; salt while cooking. Add to beans and potatoes. At the same time add the milk and butter. Salt to taste, bring to boiling point and serve.

### SPLIT PEA SOUP.

Three cups split peas, three fried onions, one cup butter, two teaspoons salt.

Soak peas over night, cook tender, mash through a hair sieve. Add fried onions, butter and salt and the desired amount of hot water or milk.

### CORN SOUP.

One quart stewed corn, three potatoes, one carrot, one pint tomatoes, three onions, one-half cup butter, one quart milk, one teaspoon celery salt, salt to taste.

Cook vegetables together in water for two and one-half hours. Add the milk, butter and salt. Boil fifteen minutes and serve.

## DIET FOR HEALTH

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### VEGETABLE SOUP.

One quart tomatoes, two potatoes diced, one carrot diced, one head celery diced, three onions diced, one pint chopped cabbage, sprig of kale or parsley, one tablespoon rice, one tablespoon barley, three teaspoons salt.

Cooked three hours makes a fine vegetable soup. During the last half-hour of cooking add one cup of butter.

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### CONDIMENTS.

Condiments find no place in a natural diet nor in the diet of the individual who is striving for efficiency and physical fitness. Condiments please, stimulate, tease, and finally destroy appetite and digestion.

Highly seasoned foods may satisfy an abnormal appetite and give one a sense of satiety, but they are surely not conducive to good health.

Condiments do not nourish the tissues, but rather do they irritate them. That part of these foreign substances which is not deposited in the tissues passes off as ingested, utilizing vitality and secretion in the process.

Avoid pepper, salt, nutmeg, cinnamon, mustard, spices, vinegar, catsup, tobasco sauce, tea, coffee, cocoa, alcoholic drinks, soda water, and inferior flavoring extracts.

Condiments tempt one to overeat.

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### CEREALS.

Cereal—pertaining to the goddess of corn and tillage, or to the edible grains of the grass family—is a term applied to breakfast foods, although these foods are as nutritious for dinner or for supper as for the early meal.

## WITH FAVORITE RECEIPES

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Wheat, rice, oats, corn, barley, rye, are most extensively used. These can also be classified under carbohydrates, on account of their predominance in starch.

Cereals can be eaten in their various states, raw, cooked, whole, ground, rolled, macerated, popped, or even changed to maltose through the action of high degrees of heat.

Starch undergoes five changes before it can be assimilated. These changes are hastened through the action of heat, either by cooking, steaming or baking, although heat has a tendency to de-organize the nutritive salts, rendering them inorganic.

*Starch* digestion commences in the mouth, through the action of the ferment phytin, found in the saliva. Thorough mastication is essential to bring the phytin in contact with every particle of starch.

The longer you chew starch the sweeter it becomes. This is because starch is converted into sugar during the process of digestion.

Starch digestion ceases shortly after it reaches the stomach, this due to the acid medium where the ptyalin is neutralized, but again resumes its activity when the mass passes into the small intestines, where it is again rendered alkaline through the secretion of bile and pancreatic juice. Here starch digestion is completed.

Starches when assimilated and oxidized produce heat and energy, and when taken in excess allow the accumulation of fatty tissue.

*In preparing cereals*, to add to their flavor and digestibility, toast them from two to five minutes in a hot oven, thereby converting part of the starch into dextrin (grape sugar), then sprinkle slowly into boiling water, boil for twenty to thirty minutes over hot fire. This method does away with the sticky, slimy mass that occurs upon boiling only. Untoasted cereals in cooking require four to five parts of water to one of cereal, and require four to six hours to cook. Steaming is a desirable method in preparing cereals. The fireless cooker may here be put to excellent use.

## DIET FOR HEALTH

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*Objections to Cereals.* They being mostly starch are seldom sufficiently masticated. Bolted starches usually ferment, especially if one's secretions are weak or deficient. This will lead to food poisoning.

Starches eaten in excess clog the system. Their utilization requires activity, accompanied by deep breathing, which insures a good supply of oxygen.

Cereals favor hardening deposits.

Cereals should not be eaten at the same meal with acid or acid fruits, especially if the person is a health-seeker.

Sugar should not be eaten with starches.

Cereals are more acceptable in winter than in summer, and by thin persons rather than stout ones.



WITH FAVORITE RECEIPES

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*"A surfeit of the sweetest things, the deepest loathing to the stomach brings."*—(Shakespear.)

### TABLE OF CARBOHYDRATES

The following articles predominate in starch (60 per cent or more) and tend to make heat and energy.

Sugar (granulated or powdered, pure and dry)	100	per cent carbohydrates	
Sugar (brown).....	95	"	"
Sugar (maple, average).....	83	"	"
Candy (pure) .....	96	"	"
Honey .....	82	"	"
Maple syrup .....	71	"	"
Molasses .....	70	"	"
Arrowroot (average) .....	90	"	"
Cornstarch .....	90	"	"
Mamoca starch .....	89	"	"
Tapioca .....	88	"	"
Sago .....	82	"	"
Rice .....	80	"	"
Corn flour, etc., (average) .....	78	"	"
Pop corn .....	79	"	"
Barley (pearled) .....	78	"	"
Buckwheat.....	84	"	"
Wheat flour, etc. ....	70 to 80	"	"
Crackers .....	72	"	"
Ginger snaps.....	76	"	"
Wafers .....	73	"	"
Cookies (sugar) .....	73	"	"
Zwieback .....	73	"	"
Cake (average).....	63	"	"
Bread (toasted).....	61	"	"
Biscuit (Maryland).....	60	"	"
Macaroni .....	74	"	"
Spaghetti .....	76	"	"
Vermicelli .....	72	"	"
Oatmeal .....	67	"	"
Rolled Oats .....	66	"	"
Horseradish (dried) .....	78	"	"
Citron (dried) .....	78	"	"
Currants .....	74	"	"
Peppers (dried).....	70	"	"
Beans (dried) .....	60	"	"
Peas (dried) .....	62	"	"
Lentils.....	very nearly		"
Cowpeas .....	60	"	"
Dates (dried) .....	78	"	"
Figs "	74	"	"
Prunes "	73	"	"
Raisons "	76	"	"
Apples "	66	"	"
Apricots "	62	"	"
Chestnuts (dried)....	74	"	"
Nuts (average) .....	70	"	"
Mincemeat (average) .....	60	"	"
Gluten .....	74	"	"

## WITH FAVORITE RECEIPES

## PROTEIN TABLE

The following articles contain 25 per cent. and over of nitrogenous substance, called protein.

Gum Gluten .....	40	per cent of protein
Plasmon.....	60	" "
Kaffeebrod.....	48?	" "
Beef dried, canned).....	39	" "
Herrings (cured).....	37	" "
Pignolia nuts.....	34	" "
Sturgeon (dried .....	32	" "
Beef (cured).....	32	" "
Cheese (skim milk .....	32	" "
Cheese (full cream).....	26	" "
Peanut butter.....	29	" "
Sausage (farmer).....	29	" "
Sausage (Aries).....	26	" "
Sandwich meat (cooked).....	28	" "
Walnuts (black).....	28	" "
Butternuts .....	28	" "
Pinus nuts .....	28	" "
Turkey (roast) .....	28	" "
Round steak (cooked) .....	27	" "
Capon (cooked).....	26	" "
Peanuts .....	26	" "
Lentils .....	26	" "
Bluefish (cooked).....	26	" "
Beef (corned and canned).....	26	" "
Beef (roasted and canned).....	26	" "
Beef (flank, very lean).....	26	" "
Beef (boiled and canned).....	25	" "
Beef (ribs, very lean).....	25	" "
Beef (ox-tails, canned) .....	26	" "
Beef (loin).....	25	" "
Mutton (leg roast) .....	25	" "
Ham (fresh).....	25	" "
Cod fish (salt).....	25	" "
Beans (dried).....	25	" "
Peas (dried) .....	25	" "

## DIET FOR HEALTH

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### ARTICLES HAVING A HIGH PER CENT. OF FAT

The following articles are called Hydrocarbone (fat, oil, etc.). They contain 50 per cent. or more of such material, and which tends to make heat, energy and fat:

Cottolene.....	100	per cent, hydrocarbonate
Lard (refined).....	100	" "
Lard (unrefined) .....	94	" "
Tallow (refined) .....	100	" "
Kidney fat (mutton).....	95	" "
Ham fat .....	88	" "
Beef marrow.....	92	" "
Butter .....	85	" "
Oleomargarine .....	83	" "
Suet (beef, average).....	82	" "
Pork marrow .....	81	" "
Pork (salt and fat).....	73	" "
Pork (fresh and fat, average).....	66	" "
Mutton kidney .....	76	" "
Mutton loin .....	53	" "
Bacon (average) .....	67	" "
Nuts .....	from 50 to 70	" "
Cheese (best).....	58	" "
Scraps (beef).....	52	" "
Ham (fresh).....	50	" "

## CEREAL RECEIPTS.

### WHEAT STEAMED.

Soak desired amount of wheat over night. If summer time place in ice box. Use only that water which the wheat will absorb. The next morning place in a sieve and place over a kettle of boiling water so the steam has to come out through the wheat. In fifteen minutes the grain will be ready to serve. Serve with cream, or oil. Is very nice served with a fig sauce served as follows:

### FIG SAUCE.

Cleanse and chop fine one pint of figs. Add one and one-half tablespoons sugar and one and one-half pints of water and cook until a sauce is obtained. If the figs are old and do not dissolve after cooking a few minutes put through a hair sieve and it will be ready to serve.

This is a nice sauce for any cereal.

### A WHEAT DISH.

Wheat soaked over night and boiled until the grains break open (from five to seven hours) and served with fig sauce is very tasty as well as nourishing.

### AN UNCOOKED WHEAT DISH.

Grind the wheat to be used and soak amount wanted about four hours. and serve with cream and egg beaten together.

This wheat dish is nice served with a fig sauce. Also can be served with chopped nuts and raisins or dates.

### BAKED RICE.

Two cups rice, two pints milk, butter size of an egg, two teaspoons salt.

## DIET FOR HEALTH

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Cleanse rice and soak over night. Drop into two quarts of boiling water, and salt. When the rice has absorbed the water add to it the milk and butter. Put in the oven and bake until nicely browned. Serve with fig or tomato sauce.

### PLAIN RICE.

One cup rice, one teaspoon salt, one quart milk, one tablespoon butter. Soak rice over night. Put to cook in double boiler with the milk nad salt. Cook until tender, then add the butter. Stew fifteen minutes and serve.

### RICE PUDDING.

One cup rice, one teaspoon salt, one pint sweet milk, one cup sugar, one cup raisins or currants, one-quarter teaspoon nutmeg, one table-spoon butter, two eggs.

Cleanse rice, drop into one quart boiling water, cook until tender. Beat up the other ingredients and add the rice, beat up well, bake in moderate oven one hour.

### RICE MUFFINS.

One pint cooked rice, four eggs, one teaspoon baking powder, one-half pint milk, four tablespoons flour, one tablespoon butter, one tea-spoon salt.

Mix eggs and rice thoroughly. Mix flour and baking powder together, beat to a cream in the milk, then add it to the rice. Melt and add the butter; beat well. Drop into muffin pans and bake twenty to thirty minutes in a hot oven.

### SCALLOPED CORN.

One pint milk, two eggs, one cup crumbs, one can or quart corn, two tablespoons butter, two teaspoons salt.

Mix well together. Butter a baking dish, pour the mixture into it and bake in a hot oven for thirty minutes.

OAT MEAL.

Put on double boiler with one quart water in the inner dish. Sift into this one cup of oat meal and let cook about two or three hours. Serve with cream; no sugar.

BAKED BARLEY. (Kellogg.)

Soak six tablespoons barley over night in cold water. In the morning pour off the water and put the barley in an earthen pudding dish and pour three and one-half pints boiling water over it. Add one teaspoon salt and bake about two or three hours or until soft and all the water is absorbed. When about half done add four or five tablespoons sugar mixed with grated lemon peel. This may be eaten warm or cold. Serve with cream.

RAW CEREAL MEDLEY.

Take equal portions of rolled oats, rolled wheat, corn flakes, shredded cocoanut, pine seed, or walnuts; add currants, raisins or chopped dates. Serve with olive oil, honey or cream.

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BREADS AND CAKES.

MAZDAZNAN UNFERMENTED WHOLE WHEAT BREAD.

Take freshly ground whole wheat flour, ground coarse (ground at home, if possible). Grind as much as you expect to use, as fresh-ground flour will rise more readily and retain its natural aroma and sweetness. Take a quart of lukewarm water, one tablespoon salt, two tablespoons sugar and two tablespoons cooking or olive oil. Stir the flour into the liquid until it forms a light paste. Stir

rapidly and thoroughly. Cover the dish with a cloth and set in a moderately cool place for from three to six hours, according to the season. The coarse wheat will swell and become aerated, consequently making the dough light. When ready to work the dough, add a little finer ground flour and knead it with the hands for about half an hour, until it becomes gummy and rolls up like a ball, but the mixture should not be stiff. Put into well-oiled pans which are covered or sealed. Fill pans not more than two-thirds full. Place at once in a moderately heated oven and bake for three hours before moving it. It should bake for at least four hours. It is well to have a little tin can filled with water at one corner of the oven. It will improve the baking of the bread by virtue of moistened heat (steam). If you want a soft crust, roll bread in a wet cloth for one to two minutes as soon as it comes out of the oven, or brush it with a brush dipped in water and then rub off with the beaten white of an egg. When cold, wrap the bread in wax or oiled paper, seal, and put away, or put bread into an earthenware crock, set in a dry place, keeping crock covered with paper. This bread thoroughly baked will improve with age.

### JUNGBORN WHOLE WHEAT BREAD.

Take one pound or more of whole wheat flour; add lukewarm water, half a cake of yeast. Dissolve yeast in some water, add a little salt, mix well with flour and knead thoroughly; put in a warm place until it rises to double its original size; mould into loaves, put into warm buttered or oiled pans in a hot oven; bake about one-half hour.

### JUNGBORN WHOLE WHEAT FRUIT BREAD.

Mix flour as above, using a little milk instead of water; wash, slice and quarter a pound of figs, one cup of raisins and one cup of ground nuts. Work it into the dough thoroughly; put into a warm place until it rises to double its original size; mould into loaves; put into warm buttered or oiled pans; bake in a hot oven about two hours.

## WITH FAVORITE RECIPES

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### CORN BREAD.

Four cups corn meal, two eggs, one pint buttermilk or sour milk, one teaspoon soda, one tablespoon oil, two teaspoons salt.

Mix corn meal and milk together, add soda dissolved in a little milk; beat well. Add the eggs well beaten and the oil and salt. Mix well and bake thirty-five minutes in a moderate oven.

### WHOLE WHEAT GEMS.

Three cups whole wheat flour, one and one-half teaspoons baking powder, one egg, two tablespoons sugar, one cup sweet milk, two tablespoons butter, one-half teaspoon salt.

Mix flour, salt and baking powder well, add butter and sugar and rub in with the hands; then mix with beaten egg and milk and drop into oiled muffin pans. Bake twenty minutes in a hot oven.

### NUT CAKES.

One-half cup butter, one cup sugar, one-half cup milk, two cups flour, three level teaspoons baking powder, one tablespoon vanilla, whites of three eggs, one cup nut meats.

Cream the butter and add the sugar gradually. When light and fluffy add the milk, alternately with the flour and baking powder sifted together. Add the vanilla, whites of eggs beaten stiff and the nut meats (walnuts or pecans) broken in pieces. Drop in muffin pans and bake twenty minutes in a moderate oven.

### WHOLE WHEAT SHORTCAKE.

One pint whole wheat flour, one pint Franklin whole wheat flour, two heaping teaspoons baking powder, two tablespoons butter, one pint milk, one teaspoon salt.

Mix flour, salt and baking powder together well, rub in the butter cold, add the milk and mix into a smooth dough just soft enough to handle. Divide in quarters, roll out one-half inch thick and lay in oiled pie tins, brush top of first layer with oil, and it is more satisfactory to make two layers only in one pan. Bake about twenty minutes and each layer will lift off without any cutting.

#### FRUIT CAKE.

One pound raisins, one-half pound citron, one-half teaspoon cinnamon, eight slices of dried peaches, one-half pint grape juice, one teaspoon baking powder, one pound currants, one pound nut meats, one slice lemon, ten dates, one pound flour, ten eggs, two cups sugar.

Cream eggs and butter, sift half the flour with the baking powder and mix into the eggs. Flour the fruit with the rest of the flour and mix all together. Bake in one cake for four hours in a moderate oven. This cake keeps indefinitely and improves with age.

#### RAISIN AND FIG BREAD.

One cup whole wheat flour, one cup white flour, one cup yellow corn meal, one cup chopped figs, one cup chopped raisins, one cup chopped nuts, one teaspoon soda, two cups sour milk, one cup sugar.

Dissolve the soda in the sour milk. Mix the other ingredients together and add sour milk and soda. Bake for one and a half hours in a covered pan in a moderate oven.

#### DRESSING.

One loaf dried bread, one quart fried onions, three eggs, two teaspoons salt, summer savory or sage to taste.

Cut the bread into cubes, pour a pint of hot water over it. Fry the onions. Mix the eggs well beaten and the onions with the bread. Add the salt and savory or sage. Stir well and bake brown.

## MILK DIET.

*Milk.*—The fluid secretion of the lacteal glands, primarily intended for the nourishment of the young, but now used extensively by man for food and drink.

Cows' milk contains all the necessary nutrient elements to fully nourish the body, and is in a state that allows ready digestion and assimilation.

The milk diet has grown quite popular. Many institutions make use of this article of food exclusively to obtain curative results.

Here at the *Health Home* we utilize the milk diet, and with but few exceptions attain gratifying results. Persons who are underweight gain in pounds. Stout persons generally lose weight, according to their condition and quantity taken. Everything else being considered, the trend is toward normal.

I have known patients to gain one to six pounds a day upon the ingestion of from seven to ten quarts of milk and the juice of three or four lemons, nothing else.

This shows an increase of blood volume, with the maximum of capillary and tissue distension, allowing the dissolution and carrying off of various deposits, elimination taking place through the kidneys, bowels, skin, lungs, and mucus surfaces.

There are certain diseases in which milk is contra-indicated.

For arterio sclerosis, certain heart and kidney diseases, milk should be taken with caution, especially as to quantity.

For the average person, suffering from auto-intoxication, toxic and other foreign deposits, take a glass of fresh milk every hour. After the third or fourth day milk may be taken every forty, then every thirty, minutes. Of course, there are exceptions. In taking the milk diet many persons need special instruction.

## DIET FOR HEALTH

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When the milk digests slowly and becomes nauseating and distasteful, take the juice of one-half or a whole lemon either at the time of drinking milk or between glasses.

Skim, butter, sour, or milk prepared with Yogurt ferment is often preferable to sweet milk, in some cases.

The milk diet, to obtain the best results, should follow three or four days of fasting and two or three days on juicy fruits. Continue milk until desired results are gained.

One must not be too active on the milk diet, especially during the summer days. Should you be troubled with diarrhea, absolute rest is indicated. If this does not suffice, fast for one or two days. At the beginning of the milk diet, if constipated, use enema daily.



WITH FAVORITE RECEIPES

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Sweet milk is alkaline in reaction, having a specific gravity of 1.028 to 1.035, carries 87 per cent. of water, 13 per cent. of solids, of which are fats, proteids, milk sugar and salts.

The following table exhibits the chemical constitution of the kinds of milk most frequently used by man:—

	Cow Winter Blyth	Cameron	Goat Voelcker	Ewe Voelcker	Mare Cameron	Ass Chevallier and Henry	Human Gerber
Water.....	86.87	87.00	84.48	83.70	90.310	91.65	88.02
Fat.....	3.50	4.00	6.11	4.45	1.055	0.11	2.90
Casein and } Albumin ... }	4.75	4.10	3.94	5.16	1.953	1.82	1.60
Sugar.....	4.00	4.28	4.68	5.73	6,285	6.08	7.03
Ash.....	0.70	0.62	0.79	0.96	0.369	0.34	0.31

The salts in milk consist, according to the average analysis, the following constituents:—

Phosphoric acid.....	28.31
Chlorine .....	16.34
Lime .....	27.00
Soda .....	10.00
Potash .....	17.34
Magnesia .....	4.07
Ferric oxide .....	0.62

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*If you do not know what to eat, it is best not to eat.*

# DIET FOR HEALTH

## NUTRITIVE VALUE OF MILK AS COMPARED WITH OTHER FOODS

Food Refuse	Refuse	Edible portion						Fuel value	
		Nutrients							
		Water	Protein	Fat	Carbo-hyd's	Mineral matter			
Milk (1 pt.)	lb.	lb.	lb.	lb.	lb.	lb.	lb.	Calories	
Whole milk.....	—	.87	.03	.04	.05	.01	325		
Skim milk.....	—	.90	.04	—	.05	.01	170		
Buttermilk.....	—	.91	.03	.01	.05	.01	165		
Cheese.....	—	.34	.26	.34	.02	.04	1,965		
Butter.....	—	.11	.01	.85	—	.03	3,605		
Beef:									
Round.....	.08	.61	.18	.12	—	.01	870		
Shoulder clod.....	—	.69	.19	.11	—	.01	835		
Sirloin.....	.13	.53	.16	.17	—	.01	1,040		
Fore quarter.....	.19	.50	.14	.16	—	.01	950		
Hind quarter.....	.16	.51	.15	.17	—	.01	1,000		
Mutton (side).....	.19	.43	.13	.24	—	.01	1,275		
Pork:									
Loin.....	.16	.44	.14	.25	—	.01	1,340		
Ham.....	.14	.35	.13	.34	—	.04	1,655		
Salt (fat).....	—	.07	.02	.87	—	.04	3,715		
Chicken.....	.35	.48	.15	.01	—	.01	325		
Codfish:									
Fr sh.....	.30	.58	.11	—	—	.01	205		
Salt.....	.25	.40	.16	—	—	.19	315		
Mackerel (salt).....	.23	.38	.17	.17	—	.10	1,050		
Oysters (solids).....	—	.88	.06	.02	.03	.01	235		
Wheat flour.....	—	.12	.11	.01	.75	.01	1,645		
Corn meal.....	—	.13	.09	.02	.75	.01	1,655		
Oatmeal.....	—	.07	.16	.07	.68	.02	1,860		
Wheat meal.....	—	.35	.10	.01	.53	.01	1,205		
Crackers.....	—	.08	.11	.10	.69	.02	1,895		
Dried beans.....	—	.13	.22	.01	.59	.04	1,590		
Beets.....	.20	.70	.01	—	.08	.01	170		
Potatoes.....	.14	.67	.02	—	.15	.01	325		
Turnips.....	.30	.62	.01	—	.06	.01	135		
Apples.....	.25	.62	.01	—	.12	—	255		

### APPLE COBBLER.

For cobbler one inch thick in a pan eight by fourteen inches.

One quart stewed apples, a little grated nutmeg, three cups sugar, one-quarter teaspoon caraway seed, one-quarter teaspoon cinnamon.

Stew on stove while you make the crust.

For Crust: Two cups whole wheat flour, one cup Franklin whole wheat flour, one-half cup Wesson's cotton-seed oil, one teaspoon salt, enough warm water to form a pie crust.

Roll out a large piece and line sides and bottom of an oiled pan. Add the apples, sprinkle with a little flour, put on the top crust, making holes in it for the escape of steam. Bake in a moderate oven at least one and one-half hours.

*Note.*—I use this crust for any pie.

### FOOD ECONOMY.

It is the body and its welfare that should be considered, rather than the cost of food.

The average individual utilizes about one-third of the total amount of food ingested. It would be well to reduce the intake of food two-thirds. This would be economy, not only of food, but also of energy, digestive juices, as well as doing away with all likelihood of food poisoning. The money saved through the reduction of food should be spent on food quality. Avoid partially spoiled and fermented foods, left-overs, hashes, cheap canned foods, especially meats.

Buy less, chew more, buy quality, not quantity.

Indulge in fresh, crisp vegetables, salads, fruits, nuts, milk, honey, cheese, and occasionally eggs and a fresh piece of meat (game preferred). Drink distilled water freely between meals.

The two-meal plan a day is economical. Saves not only food, but the time and effort to prepare and eat it.

## DIET FOR HEATH

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*Act upon your food. Do not permit it to act upon you.*

### TABLE OF PROPORTIONS.

- Two rounding or four even teaspoons of baking powder to one quart of flour.  
One teaspoon of flavoring extract to one quart custard.  
One teaspoon of soda to one pint sour milk.  
One teaspoon of mixed herbs to one quart soup stock.  
One teaspoon soda to one cup molasses.  
One teaspoon of salt to one quart of soup stock or two quarts of flour.  
One tablespoon of each chopped vegetable to one quart of soup stock.
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### TABLE OF COMPARATIVE PROPORTIONS.

- One cup flour equals one-quarter pound.  
One cup liquid equals one-half pint.  
One cup solid butter equals one-half pound.  
One cup granulated sugar equals one-half pound.  
One cup of pulverized sugar equals one-half pound.  
One and one-quarter cups powdered sugar equals one-half pound.  
One cup meal equals one-third pound.  
Four tablespoons of liquid equals one-quarter cup, equals one-half gill.  
One cup liquid equals one gill.  
One pint of milk or water equals one pound.  
One heaping tablespoon butter equals one-quarter cup, equals two ounces.  
One rounded tablespoon butter equals one ounce.  
Butter size of an egg equals two ounces, equals one-quarter cup.  
One tablespoon liquid equals one-half ounce.  
Eight teaspoons liquid equal one ounce.  
Nine large eggs or ten medium sized ones equal one pound.  
One heaping tablespoon sugar equals one ounce.  
Two rounded tablespoons flour equal one ounce.  
Twelve tablespoons dry material equal one cup.  
Two-thirds cup of oil equals one cup butter.

## MEASURING HINTS.

A cupful of liquid means all the cup will hold.

A spoonful of liquid is all the spoon will hold.

Salt, flour, seasoning, spices, butter and all solids are measured level unless otherwise specified.

To measure a level spoonful, dip the spoon into the dry material, taking up a heaping spoonful, then level it off even with the edge of the spoon with a knife.

To measure part of a spoonful, cut lengthwise of the spoon for the half and crosswise for the quarter.

A tablespoonful of butter melted should be measured before melting.

A tablespoonful of melted butter should be measured after melting.

Measure a cupful of cream whipped before it is whipped.

Measure a cupful of whipped cream after it is whipped.

Always sift flour, salt, baking powder, spices, powdered sugar and soda before measuring. If measured in a solid state before sifting much more than the quantity called for will be used.

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## MIXING HINTS.

When the recipe says to "stir" a mixture it means stir it round and round, blending the materials and gradually increasing the circle.

"Beating" means to mix over and over. Always let the bowl of the spoon touch the bottom of the mixing bowl and carry the mixture across to the opposite side. Repeat this until all of the air cells possible have been incorporated with the mass.

"Folding" or "cutting" means to turn the mixture over, cut down and lift up, folding the mass so as just to blend the materials but not break the air cells.

## CONCLUSION.

The few suggestions and rules set forth herein are by no means exhaustive, but sufficient to warrant desired results if put in practice.

You may experience immediate relief and benefit upon a change of diet. On the other hand, it may take months (during which period Nature is endeavoring to cleanse and adjust herself). One should not lose patience when testing a diet. Nature works "slow but sure."

A condition that has taken years to grow often takes years to disappear.

When you attune yourself to natural law, live on a natural diet, your condition, whatever it may be, tends toward normal. If you are too fat, you lose weight; if too thin, you gain.

Your reward is always in proportion to the time, effort and patience you manifest.

EDWARD C. GALSGIE, D.O.

